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ANTHONY DANIELS
The man inside C-3PO
metroLIFE





THE CANADIAN PRESS

HMCS Windsor crew members return to their families after deployment

metroNEWS

Cogswell Interchange inches forward

REDEVELOPMENT

Project is expected to cost about $64M



Zane Woodford
Metro | Halifax

The long-awaited Cogswell Interchange redevelopment project is getting closer to becoming a reality.

At the city's Community Planning and Economic Development Standing Committee meeting Thursday, city staff gave a presentation outlining the plan for the redevelopment of the unpopular downtown Halifax interchange.

The project is expected to cost $64.25 million, though that's a rough estimate. No matter the price tag, however, the city expects to recoup 100 per cent of the cost of the project by selling six acres of freed up land in the area to developers.

The director of the project, John Spinelli, told the committee he expects to have a more concrete plan, and a preliminary design, by about this time next year, and construction could be finished by 2020. "I didn't think I would see this move for a long time," Coun. Jennifer Watts said. "It's exciting to see this coming together in this way."

Watts said she'd always thought it would be 10 years or more before the project went ahead, while her colleague, Coun. Waye Mason, always thought it would move faster.

"It is real, and I'm glad to see it moving forward," Mason said.

He said the construction woes now are "mentally preparing" the citizens of Halifax for this project, and the city would be better at mitigating those issues by the time this went ahead.

60%

The project will go before regional council for **final approval at the 60 per cent mark of design completion.**

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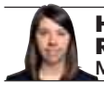


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'Traumatized' by verbal tirade

PUBLIC TRANSPORTATION

Safer bus rides needed after 'frightening' assault: Woman



Haley Ryan
Metro | Halifax

A Halifax woman says she's been left "traumatized" and looking for better safety measures after she was threatened on a bus.

Daphne Carrigan said she was sitting on Route 1 heading to work in downtown Halifax on Wednesday from her west-end home when she said a man sat down nearby and stayed silent for 10 minutes before assaulting her verbally with profanity.

"He said 'I'll hit you,' and he had a look in eyes. My instinct was that he was going to pick up his fist and just ... punch me," Carrigan said Thursday.

Carrigan said she was so shaken she got up and went to the rear exit without pulling the bell, then walked to the driver and whispered what happened, before the driver let her off.

She had seen the same man on the bus a few times before, so Carrigan said she walked to work Thursday to avoid him.

"It was frightening. I wasn't physically assaulted but oddly enough it traumatized me in its own way," Carrigan said.

Carrigan said Halifax Transit told her nothing could be done about banning the man unless charges were laid. But she's worried that might make him lash out at her again, Carrigan said.

"There's probably a lot of females that encounter this sort of thing. They need to press charges but they're afraid to," Carrigan said.

It would be ideal for Halifax Transit to make changes without police, Carrigan said, by using the bus' surveillance tape and alerting drivers to the man's description, banning him for a short time, or placing security guards on buses.

Amalgamated Transit Union (ATU) president Ken Wilson said bans only happen if charges are laid, but the surveillance cameras are there for a reason.

He said if a driver verbally assaulted someone an investigation could be held internally.

"The employer has an obligation ... to provide safe, reliable public transit," Wilson said.

As for security guards, Wilson said they're not very effective since they can only call 911, and not intervene in assaults.

Having "police zones" at major stops would be a better deterrent for people looking to break the law, or provide comfort to victims knowing an officer is a couple minutes away, Wilson said.

Wilson said verbal assaults and worse are "daily occurrences" for drivers and passengers, but Carrigan said it shouldn't be that way.

"I feel kind of vulnerable now," Carrigan said. "Anyone should feel safe on a bus."



The No. 1 Halifax Transit bus heads down Spring Garden Road on Thursday. Transit rider Daphne Carrigan hasn't ridden the route, which she normally takes to work, since the incident on Wednesday. JEFF HARPER/METRO

296

A total of **296 reports** of a problem or dispute on Halifax Transit have been filed to date in 2015. The 2014 mark was 301.

> **I feel kind of vulnerable now. Anyone should feel safe on a bus.**
> Daphne Carrigan

SECURITY

Transit system is 'quite safe' overall, says city

A city spokesperson says there are measures in place to ensure passenger safety, but it's important to report any incidents.

Jennifer Stairs, HRM spokeswoman, said all reports are investigated by Halifax Transit security staff who reach out to police if the complainant wants to lay charges.

Security guards on buses and ferries has been considered in the past, Stairs said Thursday, but "it is an expensive option."

"Overall our transit system is quite safe," and staff decided against that extra measure, Stairs said.

Buses have surveillance equipment, radios, and during every shift there are mobile supervisors deployed on the bus routes to assist drivers, Stairs said.

"All of these measures help to ensure the safety of our passengers and operators; however, we recognize that incidents may still happen," Stairs said about Daphne Carrigan's story.

Stairs said the municipality encourages anyone who has had a bad experience, or has suggestions on how to make the transit system safer, to call 311. HALEY RYAN/METRO

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ABOVE: Pedestrians use the walkway near the new Emera Oval pavilion on Thursday.

RIGHT: Rental skates find a new home in the Emera Oval pavilion.
JEFF HARPER/METRO

Skating oval gets a cool new look

GRAND OPENING

Refurbished facility could open Monday



Zane Woodford
Metro | Halifax

The new building at Halifax's skating oval — and the oval itself — could be open on Monday, but the city opened its doors to give members of the media a sneak peek on Thursday.

The new 4,700-square-foot, $2.5-million facility was built to replace trailers and sheds that have been at the oval the last few years to house the skates and ice resurfacers.

In the public half of the building is the area where you can pick up skates and helmets for the day, along with men's, women's and gender-neutral washrooms and a warming area.

Behind the skates and helmets, there's a sanitizer to keep all that rental gear smelling fresh and a skate sharpener to keep the more than 700 pairs of blades sharp.

The entire public area inside the building has a rubber floor, so people can walk anywhere — even into the washrooms — without having to take off their skates.

The other side of the building is where the people who keep the oval running will be working.

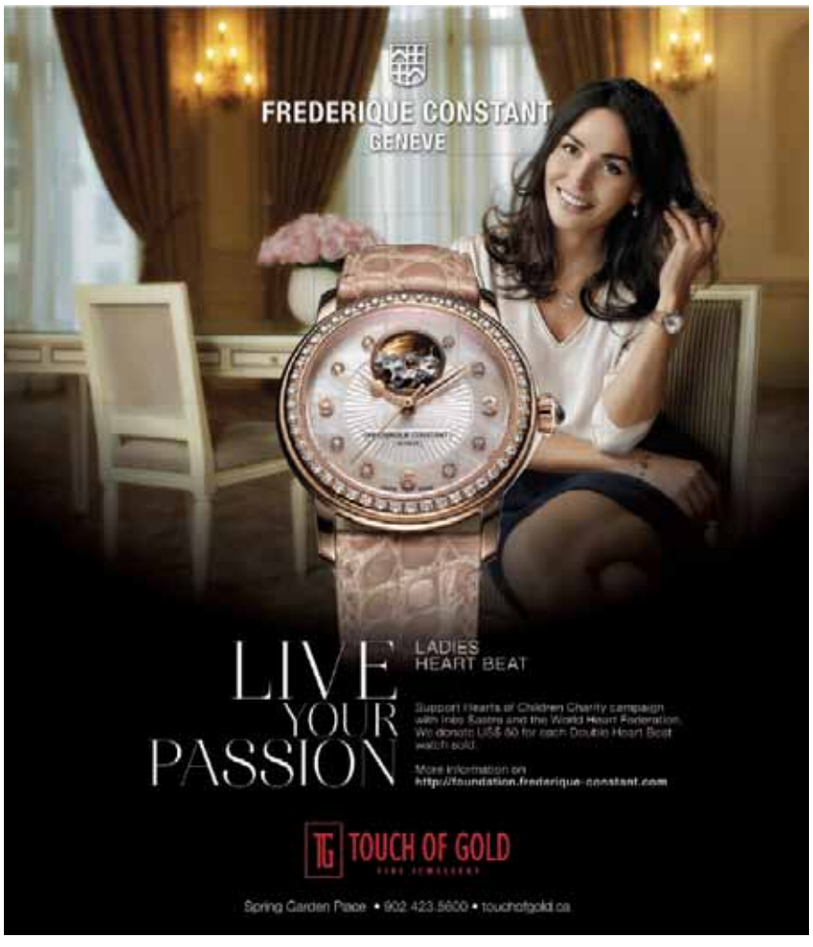
A large garage area will house the two ice resurfacers and allow mechanics to work on them and fuel them up, and offices next to the garage have a view of the ice surface so the two full-time city staffers on site can keep an eye on things.

The city's active living manager, John Henry, said Thursday the new building "adds to the aesthetics and the experience," but he doesn't think it will add to the 140,000 visitors the oval saw last year.

"It's certainly going to make an enhancement for the experience here for everyone that's coming, but at the end of the day, the persons coming here to enjoy didn't care whether it was a temporary trailer or a permanent building," Henry said.

If weather permits, the oval — and the new building — could be open in time for a 10 a.m. public skate on Monday.

> **I don't think it's going to matter — old facility, new facility — people just love their oval.**
> Halifax active living manger John Henry on the new building's effect on attendance



IN BRIEF

Tourism up in Halifax
Halifax saw a bump in hotel bookings, cruise ships and a significant jump in bookings for meetings and conventions in 2015.

Destination Halifax, the city's tourism marketing organization, tabled a report to the Community Planning and Economic Development Standing Committee at its meeting on Thursday, updating the city on its progress this year.

The report shows a seven per cent increase in hotel rooms sold, an 8.8 per cent increase in cruise ship visitation, and a 45 per cent increase in bookings for meetings and conventions.

The information report will now be passed on to regional council for its consideration. METRO

City continues with plan to better welcome refugees
The city's diversity and inclusion office updated the Community Planning & Economic Development Standing Committee on its Welcoming Newcomers Action Plan at the committee's meeting on Thursday.

The plan, implemented in 2006 and updated in 2013, is meant to help the city in "integrating and retaining newcomers and creating a welcoming and friendly community for all."

On Thursday, the committee heard that this year, the plan has included "Get to know your municipality" workshops, a welcome barbeque and the mayor's welcome reception.

The report on the plan's progress was forwarded to regional council. METRO

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Submarine comes home after more than 100 days

HMCS WINDSOR

Vessel left in early fall along with five surface ships

Julia Manoukian
For Metro | Halifax

HMCS Windsor returned home to Halifax Thursday after more than 100 days overseas — the longest yet for this class of Victorian submarines.

The 48-member crew was welcomed home by a dozen loved ones when it docked at 1:30 p.m. at Jetty NC, located at the navy's Halifax dockyard.

Reese, 9, and Robin, 4, waited patiently with their grandparents to surprise their dad. The girls had made a 'Welcome Home Neil' sign with a submarine on it.

Reese said she missed her dad most on Remembrance Day; Robin was fascinated with the incoming submarine.

"It looks like a big whale," she said.

When Neil Lake crossed the bridge from the submarine, the girls ran into his arms screaming.

"Did you miss me?" he said grinning with a daughter in each arm.

Looking tired but happy, he said there's no better feeling than coming home.

"It's been one hundred and one days away from home, away from kids and away from family."

"There's a lot of things you get to miss, but mostly it's just the kids — kids and family."

> **There's a lot of things you get to miss, but mostly it's just the kids — kids and family.**
> Neil Lake

While the crew was able to come up once every three weeks, Rear Admiral John Newton, commander of Maritime Forces Atlantic and Joint Task Force Atlantic, said that's barely enough time for maintenance and resupplying fuel and food.

"Most of their time is optimized for being underwater and building that big surveillance picture of the North Atlantic."

"It's somewhere between hibernating and camping," Lake said about living in a submarine.

Neil's father, Rod Lake, who sailed on submarine Ojibwa in '92, agrees.

"It's like a 300-foot long sewer pipe with the ends welded shut."

HMCS Windsor spans 70 metres in length and is 7.6 metres across.

The submarine left Halifax in the early fall along with five surface ships, the Athabaskan, Halifax, Montréal, Goose Bay and Summerside.

Windsor had been taking part in Joint Warrior and Trident Juncture — "multi-national exercises focusing on training in complex security scenarios" with NATO allies.



Lieutenant Commander Peter Chu, left, commanding officer of HMCS Windsor, hugs his son Izaiah, 12, during the crew's homecoming in Halifax on Thursday. DARREN CALABRESE/THE CANADIAN PRESS



Crew members of the HMCS Windsor laugh while docking during their homecoming. THE CANADIAN PRESS

TRAINING

Can't put 'price tag' on mission

HMCS Windsor Lieutenant Commander Peter Chu said the crew was very busy, but the training mission was successful.

"From a tactical perspective it pushed my team to the limits and we gained a lot of experience and exercising time with the French, the Spanish, the Portuguese," he said.

Chu said aside from a few minor issues, he couldn't have asked for the HMCS Windsor to perform at a better level.

"We missed zero days of sea time. We hit every timing that we were supposed to meet operationally and tactically."

The team started out with Joint Warrior for two weeks in the U.K. on the Scottish exercise areas, and then down towards the stretch of Gibraltar in an exercise called Trident Juncture, finally ending with the French in the Bay of Biscay.

In total, he said, the team conducted almost 53 different case exercises with other navies, 22 of which were based on submarines.

"You can't put a price tag or even a stamp on the value … Canada doesn't get this opportunity much from the submarine perspective," Chu said

JULIA MANOUKIAN/FOR METRO

> **We gained a lot of experience and exercising time with the French, the Spanish, the Portuguese.**
> Commander Peter Chu



‘It’s a struggle’ for some oil workers upon return home

EMPLOYMENT

Downturn in Alberta’s energy sector hits East Coast

As the days go by with no phone calls offering work in the Alberta oilpatch, Jared Park worries about how he’ll pay for his son’s leukemia medicine.

“It’s a struggle. You don’t know when or if you’re going to make it back to work. You just hope you get that call,” said Park as five-year-old Mason wriggled and bounced on the sofa in his Truro bungalow.

“For Mason, it’s important because part of our drug plan covers the medicine for his chemotherapy.”

The 30-year-old father of three is among a wave of East Coast workers who have returned home from the Western oilfields after a downturn in the economy. Many are hoping for higher hydrocarbon prices and a return to the West in 2016, but others have begun seeking a living closer to home.

Kerry Morash, a former provincial cabinet minister, said rural parts of the Maritimes have been hard hit by the fall in oil prices from about US$95 to current levels of less than US$40.

Morash joined the migration west after the paper mill near Liverpool where he worked as a health-and-safety consultant closed several years ago. He was hired on contract at the Kearl oilsands project north of Fort McMurray.

“There wasn’t a lot of work back home, and there certainly wasn’t a lot around Liverpool … I was very fortunate to be able to go out there,” he said, recalling his two-week shifts of 12 hours per day.

He said some maintenance jobs continue to draw East Coast tradespeople, but since the completion of Kearl, the former Progressive Conservative politician said he couldn’t find another oilpatch job despite a resume that included a stint as Nova Scotia’s minister of labour and environment.

Gradually, he’s starting to hear about opportunities in the rural area of Nova Scotia where he lives. And he said he may be staying on the East Coast.

Some industries in the Maritimes, meanwhile, are using the opportunity to recruit skilled tradespeople to work in their hometowns.

The Halifax shipyard has been recruiting workers from the West as it builds Arctic patrol ships for the federal government.

Spokeswoman Mary Keith said by early December the Halifax site had 33 employees who had been working in Alberta, British Columbia or Saskatchewan.

Some workers are retraining to begin fresh careers that will keep them on the coast.

Twenty-three-year-old Jacob Stepaniak, who grew up in Margaree Valley, came home from Alberta last year after working intermittently in the West since 2011. He returned to care for his 85-year-old grandfather, who was ill with cancer, and decided to stay home despite the attraction of salaries of more than $90,000 a year in the oilpatch.

“You miss all those little things, the small-town way of life … You run into someone here, you’re guaranteed to strike up a conversation,” he said. “You really miss that.”

THE CANADIAN PRESS



Jared Park and Jenny Mosley with their children Maddox, Mason and Grady at home in Truro. Park is one of the many oilpatch workers waiting to be called back to work after the major downturn in the energy industry. Many are hoping for a return to the West in 2016, while others are seeking a living closer to home. ANDREW VAUGHAN/THE CANADIAN PRESS

> **When there’s no work, there’s no planning on getting ahead. It’s just planning on getting by.**
> Jenny Mosley, partner to Jared Park

WASTE COLLECTION NOTICE GARBAGE/ORGANICS/RECYCLABLES

Christmas & New Year’s Day

Please be advised there will be no garbage, organics or recyclables collection services on Christmas Day — Friday, December 25, 2015 and New Years Day, Friday, January 1. Collection services for those days will be provided the following Saturdays, December 26, 2015 and January 2, 2016 respectively.

Collection services can begin as early as 7 a.m. To ensure collection please place materials curbside the evening prior to collection day.

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Municipal Recycling Plant **Closed** Friday, December 25 & January 1	→	Municipal Recycling Plant **Open** December 24, 26, 31 & January 2 7:30 a.m. — 6 p.m.
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Board asks for repairs

SCHOOLS

Rapidly aging infrastructure a big concern



Haley Ryan
Metro | Halifax

Infrastructure repairs and a new school for a growing area of the municipality top the Halifax Regional School Board's priority request list for the province.

As every year, the board agreed to forward their capital list for the province's consideration during a board meeting Wednesday night, for information purposes as the province did not ask for the list this April.

Since there was no capital list requested by the province in 2015, this new one updates the province's last information from April 2014 although many schools, like JL Ilsley and Bicentennial, have been on the list since at least 2012.

On the top of the priority list of 10 items is addressing aging infrastructure at St. Joseph's Alexander McKay Elementary, one of the oldest schools in Halifax.

A new elementary, junior high or high school for the Charles P. Allen family of schools is second on the list, since continuing development and projected enrollment growth mean over capacity at Hammonds Plains, Madelyn Symonds, and Kingswood schools.



HOLIDAY LET IT GLOW A pedestrian walks under a holiday-light display at Historic Properties on Thursday. The lights were installed as part of the Halifax Lights Holiday Market, which is on for it's final few days this weekend. JEFF HARPER/METRO



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BYLAW ENFORCEMENT

RCMP tracks illegal cabbie

The Region of Queens has called in the RCMP to help catch an illegal taxi operation in Liverpool.

Kelly-Anne Hurley, the region's bylaw officer, told council recently that the region believes someone is driving a taxi without a licence.

"I received information regarding a previously licensed taxi owner that has not re-signed for this year for a business," she said. "But he's been operating that business."

She said all information and videos have been passed on to the RCMP.

"It appears as though this individual is operating on weekends and late night evenings," she said.

"Unfortunately I'm not available at that time so the RCMP and I have been working on it togeth-er in hopes of apprehending the individual. It's a very difficult thing to do."

> **The RCMP and I have been working on it together in hopes of apprehending the individual. It's a very difficult thing to do.**
> Kelly-Anne Hurley

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Father 'in a prison of grief'

SENTENCING

Mandatory minimum for grieving dad called cruel

The lawyer for a man who accidentally shot and killed his son as an intruder broke into their home argued Thursday that Michael Paul Dockrill should not face the mandatory minimum sentence because he's already living "in a prison of grief."

"He's suffering greatly. He feels guilty all the time," said defence lawyer Brian Church as sentencing arguments wrapped up in Nova Scotia Supreme Court. "It's a tearful situation for his family."

The 56-year-old Dockrill was convicted in April of criminal negligence causing death for shooting his son Jason, 20.

SENTENCING

Judge Josh Arnold will deliver his sentence on Feb. 26.



The Nova Scotia Supreme Court in Halifax METRO FILE

Church said the mandatory minimum sentence of four years for gun crimes, enacted as part of the former Harper government's 2008 criminal justice reforms, is unconstitutional in this case because it would be a cruel and unusual punishment.

He told the court that Dockrill's son sold marijuana and, after being threatened a few days before the incident, had given his father a rifle.

The court heard there was a break-in at their Halifax-area home on June 12, 2011, and that Dockrill had intended to shoot the intruder, but realized afterward that he had fired at his son.

Church said Dockrill, whom he described as a family man, should be given a suspended sentence with probation.

But Crown lawyer Tanya Carter said Dockrill should receive a sentence of five to seven years, because although he did not intend to shoot his son, he did intend to shoot someone — the intruder.

"This tragedy didn't have to happen," Carter told the court.

Carter said Dockrill mishandled a loaded weapon, and the mandatory minimum sentence sends a message that care needs to be taken when using a firearm.

"I think the four-year mandatory minimum is a clear statement from Parliament, which is highly appropriate in our society, that we have to take much greater care and responsibility when we're using firearms," said Carter outside of court.

"Shooting the wrong person is certainly a huge concern, so I think it makes it more complicated, more unique … but also more serious."

Church said if Judge Josh Arnold agrees with his arguments, the case could be precedent-setting in Canada.

The mandatory minimum sentence for gun crimes was introduced by the former federal Conservative government as part of a sweeping omnibus bill.

THE CANADIAN PRESS

ON THE ROAD

Driver charged over missing front tire

A man faces an impaired driving charge after police say a concerned citizen spotted a car missing a front tire.

At 8:45 p.m. Wednesday, Halifax Regional Police received a call from a resident who saw the vehicle driving while missing a front tire on Highway 111 near Mic Mac Boulevard.

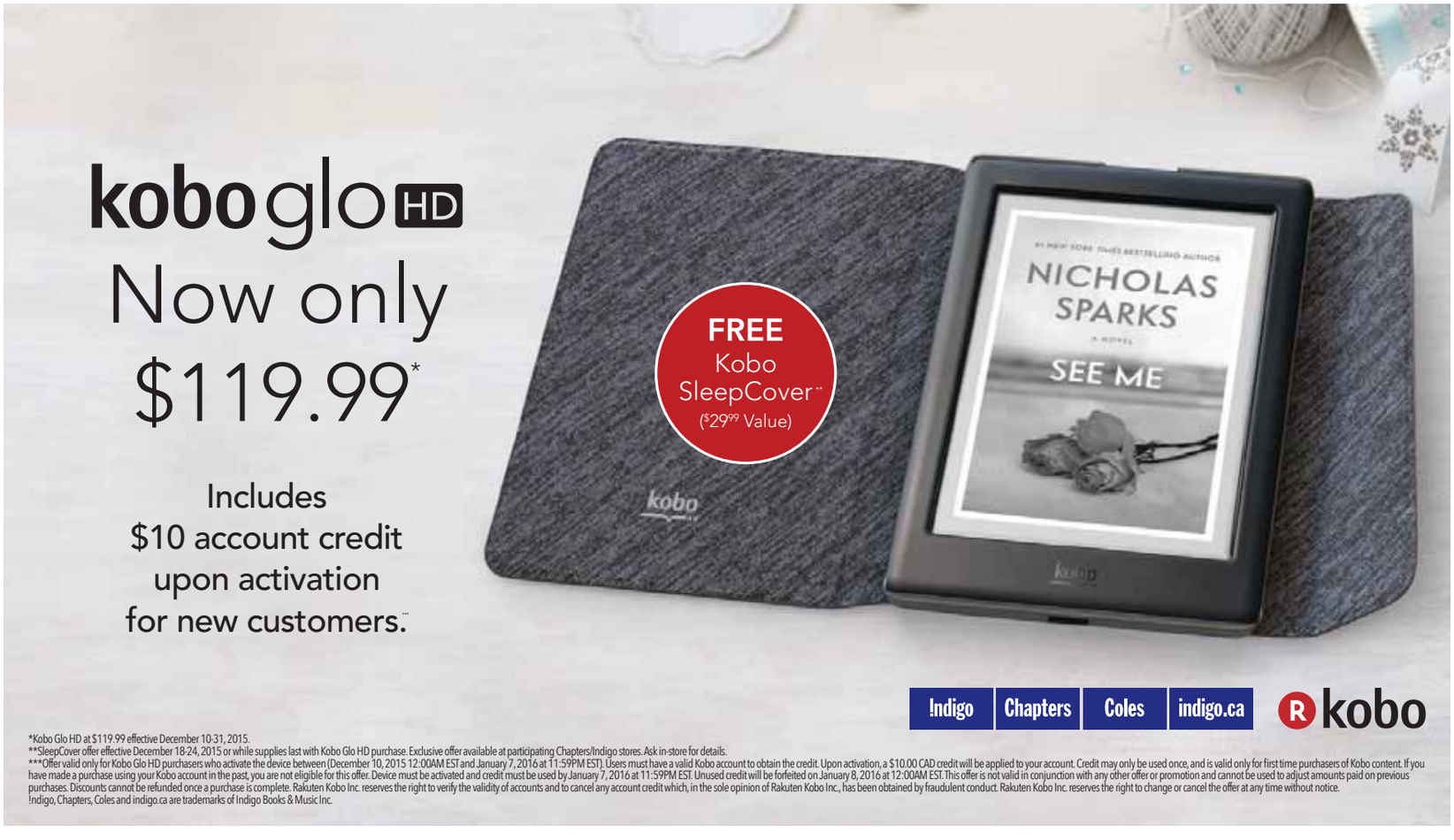
According to a release, the witness followed the car and updated police officers about its location before losing it near Burnside Drive.

An officer then saw the car going over the MacKay Bridge towards Halifax and stopped it at the Windsor Street Exchange.

A 28-year-old man was arrested for impaired driving and is scheduled to appear in Dartmouth provincial court on Jan. 26, 2016.

Halifax police are reminding those who might spot drunk drivers on the road to call 911.

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IN BRIEF

Owners charged after dog kills Pomeranian

Halifax city officials have charged the owners of a dog that chased a Pomeranian into a house and killed it.

Brendan Elliott said Thursday the owners have been charged under municipal bylaws with having a dog without a licence, allowing a dog to run at large and one count of an animal attack.

The three offences carry fines ranging from $100 to $5,000.

Earlier this week, Rachelle Coward said she fought with the large dog, described as an American Staffordshire terrier, when it chased her pet Pomeranian Diamond into her Dartmouth home Monday.

The big dog left the house with Diamond in its jaws, and Coward found her body in a neighbour's driveway. THE CANADIAN PRESS

Warning issued in wake of apparent mailbox break-ins

Halifax Regional Police are advising the public to pick up their mail on a regular basis and ensure they lock their mailboxes over suspected break-in attempts.

Police received several reports of Canada Post mailboxes being tampered with in the Sambro and Ketch Harbour areas, a release said Thursday.

The community mailboxes were tampered with in an attempt to gain entry to individual mail slots and the larger parcel slots. METRO

Men hospitalized after SUV crashes into garbage truck

Two men were taken to hospital after the SUV they were in rear-ended a garbage truck and trailer on Highway 3 in Barrington on Thursday morning.

The passenger in the SUV had to be extricated using the Jaws of Life, and an EHS Lifeflight Helicopter was called in to transport a victim to hospital in Yarmouth.

RCMP Const. Mark Skinner said an employee of the garbage hauling company also received non-life-threatening injuries. TC MEDIA



Charles Clare plans to see his children, visit Jamaica and buy some new wheels. CONTRIBUTED

'Marvellous' to win $1 million

LOTTERY

Yet former CAF member says he will believe it when he sees it



Kristen Lipscombe
Metro | Halifax

Bedford retiree Charles Clare calls winning a million bucks "marvellous."

The former Northwood Home Care worker and Canadian Armed Forces member bought his successful MAXMILLIONS ticket at the Chebucto Athletics Lotto Booth.

The draw took place Dec. 11, and the Atlantic Lottery Corporation announced Thursday that Clare is the lucky winner.

Clare found out he'd won when he stopped by a local mall's lotto booth to have his ticket checked, according to an Atlantic Lottery news release.

"I told the clerk, 'I want to hear that machine ring,'" he said in the news release.

"I heard the normal 'yahoo' sound, but the look on the girl's face made me think, 'Okay, there's something here!'"

Clare admits he won't believe it's the real deal until he sees the cash in his bank account.

But when he does receive the money, Clare "has places to go and people to see," which includes visiting his adult children across the continent and spending some time in Jamaica. He's also contemplating buying some new wheels.

REDUX

Charles Clare is the second retired Nova Scotia serviceman to recently win big in LOTTO MAX, according to Atlantic Lottery. Laurie Cleveland of Digby snagged a MAX-MILLIONS prize worth $500,000.



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Past wrapped up in present

SURPRISE

Woman gets husband's gift four years after his death

There's no denying Charlie Turpel's love for Christmas.

One year his wife Elsie mentioned she'd like to have a tree decorated with teddy bears. Charlie turned up with an assortment of tiny teddy bears to fit the order.

Through the years, the couple's home in Shubenacadie twice sustained serious damage during storms, including when Hurricane Juan blew through. Amid the destruction, many of Elsie's globes and antique ornaments that had belonged to Charlie's grandmother were destroyed. Her husband responded and she quickly had a new collection of tree trinkets.

So receiving a snow globe from Charlie — one more to add to her collection — was just what Elsie needed to lift her spirits this Christmas, but it came as quite a surprise.

Charlie died four years ago.

Elsie got a call from her husband's former workplace, Dartmouth Metals, where their daughter, Anna Isenor, still works.

"She said, 'We got a delivery today from Dad,'" said Elsie. "It was a big surprise but very appropriate because I was so down this year I didn't know how I'd get through Christmas."

Apparently, the globe Charlie ordered four years ago had been stored away by someone who felt it might be too upsetting for his family to receive so soon after his death. It was forgotten until recently.

"Charlie was so into Christmas he would have specialty gifts bought for Christmas by February or March," said Elsie.

He loved to give. I never knew what he would come home with or when he'd bring flowers.

Elsie Turpel of her late husband Charlie

She was 16 when they were married, Charlie was 22. A number of people told her she was too young.

"We had hardships but I wouldn't change any of it," she said. "Our struggles really and truly bonded us closer."

The snow globes seemed to hold special significance for Charlie.

The scenes depicted in them likely reminded him of the outdoor activities they enjoyed together: camping, canoeing, horseback riding and making friends with wildlife. On their 25th anniversary, he proposed to his wife again and they renewed their vows on horseback.

But this latest gift from Charlie goes beyond the joy a snow globe can bring. It holds a prominent place at the centre of Elsie's dining room table, but more important are the feelings it has stirred in her this Christmas season.

"This gave me more Christmas spirit. I was feeling down and this changed things. It's like he knew what I needed."

TC MEDIA



Elsie Turpel looks into the globe her husband Charlie ordered shortly before his death four years ago. The globe was just recently delivered. TC MEDIA



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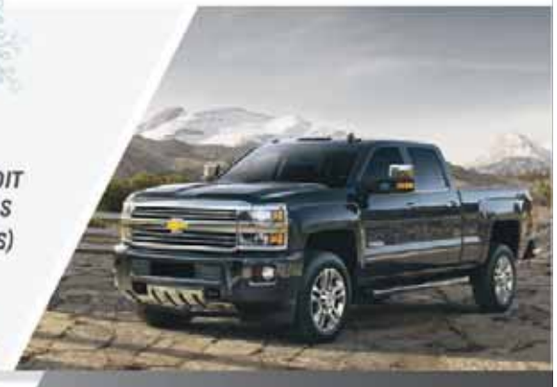
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Momma and Baby Red Fox No. 1, by Wallace River wildlife photographer Ian Murray, was the first-prize winner in the 2015 American Wildlife Federation contest in the baby animals category.
CONTRIBUTED

Sly-as-fox N.S. man snaps prize photo

WILDLIFE

Picture chosen as best out of 6,700 entries worldwide

Ian Murray knew he had something the moment he pressed the shutter on his camera.

And the Nova Scotia resident was right, as his photo, Momma and Baby Red Fox No. 1, was selected first-prize winner in the 2015 American Wildlife Federation contest in the baby animals category.

There were two photos in the sequence and Murray submitted both.

"I knew it was a good picture," he said. "About five or six seconds before this photo there was one of the mother with her paw over the baby. I liked that one better, but they obviously liked this one and that's good with me."

The photo will be published in the December-January issue of the National Wildlife magazine and will also be promoted on the federation's website and blog at nwf.org/photozone.

"It's really interesting to watch them over a period of time and earn their trust," Murray said.

He would spend a lot of time just sitting in the field near the den watching the foxes come and go.

"They're priceless to watch and the interaction between them is amazing. Foxes are very interactive and that's what's most interesting about them."

> **I treat it like a job. I go out almost every day.**
> Ian Murray

It was selected from more than 6,700 entries around the world.

A retired executive with Honda Canada, Murray moved to Wallace River several years ago and bought his first "good" camera. He immediately chose this line of photography because he lives in an area rich with wildlife.

He started Wallace River Photography in 2009.

"It just evolved from there," he said. "You're always looking for that shot that's a little better than your last shot."

He considers foxes and eagles his favourite subjects.

Last year, Murray won the American bald eagle photo contest for his image Master Fisherman Photo Number 2.

Murray doesn't normally pay to enter photo contests, but chose to pay for this one knowing the money supports wildlife federations that do a lot of good work. TC MEDIA

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Prime Minister Justin Trudeau speaks with reporters in Ottawa on Wednesday.
PATRICK DOYLE/THE CANADIAN PRESS

No need to open Constitution: PM

POLITICS

Trudeau says he'd rather focus on jobs, health care

Justin Trudeau says there is no pressing problem facing the country that can only be resolved by opening the Constitution — a laborious, time-consuming road the new prime minister has no intention of going down.

That includes the fact that Quebec has never formally signed onto the Constitution, which was patriated in 1982 with a charter of rights by Trudeau's father, Pierre, over the objections of the province's then-separatist government.

"What I ask now to anyone who offers to open the Constitution, or says we should open the Constitution, is: what concrete problem are we trying to solve that is unsolvable without opening the Constitution?" Trudeau said during a 75-minute sit-down with the Ottawa bureau of The Canadian Press.

"I'd rather be talking about climate change and energy issues and job creation and training and health care and all these things that will make a concrete difference in people's lives."

Trudeau scoffed at a suggestion that Quebec's continued refusal to sign the Constitution is a major problem.

"Which articulates itself how?" he asked rhetorically.

Some Quebecers will always complain that Quebec is excluded from the Constitution, Trudeau acknowledged. But the Constitution does in fact apply to the province and nothing in it has limited Quebec's ability to deliver health care or education or take action on the issues that matter most to Quebecers, he said. THE CANADIAN PRESS

SENATE

Some politicians have argued that the Constitution should be opened to abolish or reform the Senate. But Trudeau has opted instead for reforms that can be implemented without changing the Constitution.



P3s: Pay more, get less



Nova Scotians know all too well that so-called Public-Private Partnerships (P3s) are a really bad deal for taxpayers. We end up paying more... while getting less. And yet the McNeil government is seriously considering more of them for our province.

P3 hospital to replace QEII?

Recently, Health Minister Leo Glavine told a radio show that the province is considering the P3 model to replace the aging QEII hospital complex in Halifax. He might want to take a closer look at the multi-million-dollar corruption scandal currently surrounding Montreal's new 'super hospital' — also a P3.

He should also review the policy change from the Trudeau government which says provinces are no longer required to follow Stephen Harper's old dictate that infrastructure projects looking for federal funding must consider the P3 option.

P3 toll highways

A report prepared for the Premier by one of his own deputy ministers warned against the dramatically higher costs P3s create for taxpayers. It cited the Cobequid Pass toll highway as one example of this. The report by Peter Vaughan estimates that more than $300 million in tolls were produced by this stretch of highway, for a deal that saw private financiers put up just $66 million. That's a return on investment of more than 350%!

And yet, in June of this year DTIR Minister Geoff MacLellan put forward a proposal for eight new toll highways across the province.

P3 schools

As each of the contracts for 39 P3 schools signed 20 years ago begin to expire next year, the province must decide whether to renew the lease, end the contract or buy the school.

Exactly how bad these deals have been for NS taxpayers, has been well documented by our own Auditor General and others. Recently, in fact, we learned that the 20-year P3 leases have already cost taxpayers $726 million — and some of those leases don't expire until 2018!

The Liberal government now has a chance to right a historical wrong by picking up the $230 million worth of options on the schools and bringing them back into public hands — where they belong.

How is this fiscal restraint?

The premier is preaching fiscal restraint. We keep getting told there's no money for important services, there's no money for wage increases and that we have to balance the budget.

The finance minister has asked public sector unions to help him 'identify savings.' A great place to start would be by putting an end to costly and secretive P3 contracts that end up turning hard-earned taxpayers' money into huge corporate profits.

A message from CUPE Nova Scotia, representing more than 19,000 working women and men across the province

CUPE

591-0.608

New plan for communism memorial

POLITICS

Fresh location, smaller budget and a redesign after troubles



Michael Woods
Metro | Ottawa

It's back to the drawing board for the controversial memorial to the victims of communism, — a new location, a new design and a smaller budget.

On Thursday, the federal government squashed their predecessors' much-maligned plan to build the memorial on land southwest of the Supreme Court building in Ottawa.

That location was opposed by Ottawa's city council, community and architectural groups and Chief Justice Beverley McLachlin.

Heritage Minister Mélanie Joly said the memorial will instead be built at the Garden of the Provinces and Territories.

Joly said she consulted more than 30 people and there was consensus that the memorial should be moved there.

"It is a place clearly accessible to residents and visitors," she said. The design of the memorial, which has also come under criticism, will be scrapped.

Joly said a new design competition will be launched in the new year, with a view to completing the memorial by 2018.

The planned $5.5-million budget is also no more, but Joly said the federal government is still helping to fund it, with contributions capped at $1.5 million, half of the new cost.



Minister of Canadian Heritage Mélanie Joly ADRIAN WYLD/THE CANADIAN PRESS



HUMAN RIGHTS

Trudeau unlikely to pressure Saudis

Prime Minister Justin Trudeau has no "immediate plans" to call Saudi Arabian authorities to ask for the liberation of jailed blogger Raif Badawi.

In a year-end interview with The Canadian Press on Wednesday, Trudeau said he won't pick up the phone right now on behalf of Badawi, who was sentenced to 1,000 lashes and 10 years in jail for his criticism of Saudi clerics. "It's not in my immediate plans," he said.

Foreign Affairs Minister Stephane Dion raised the matter with his Saudi counterpart, Adel Al Jubeir, when they met in Ottawa on Thursday. They discussed the state of human rights in Saudi Arabia as well as Badawi's case, where Dion reiterated a request for clemency.

"Raif Badawi has a family who are here in Canada, which gives a certain connection," Trudeau said. "It's a humanitarian case on which we continue to express ourselves in a clear fashion."

Trudeau's remarks came despite the fact that when he was opposition leader some of his MPs, including Dion, called on then-prime minister Stephen Harper to personally ask the Saudi king to release Badawi.

Dion raised the issue in the House of Commons on January 26, asking "Will Prime Minister (Harper) intercede himself directly with the new Saudi king, as Mr. Badawi's wife is begging him?"

Badawi is not a Canadian citizen but his wife and three children live in Sherbrooke, Que.

He was arrested in 2012, convicted in 2014 and received 50 of the 1,000 lashes in January of this year during a public flogging.

His imprisonment has drawn widespread condemnation both internationally and in Canada. Quebec lawmakers unanimously adopted a motion in February calling for his immediate release, vowing to expedite his immigration case should he be allowed to leave Saudi Arabia. THE CANADIAN PRESS



Ensaf Haidar, wife of jailed Saudi blogger Raif Badawi, shows a portrait of her husband. THE ASSOCIATED PRESS

IN BRIEF

Scott becomes first to test new e-democracy rules
Craig Scott, a former New Democrat MP, has started an online petition to the House of Commons demanding a judicial inquiry into the alleged torture of prisoners during the Afghan war. The petition process went digital last month. THE CANADIAN PRESS

Tears as remote reserve is connected to outside world
Emotions ran high in the Manitoba legislature Thursday as an isolated reserve under one of Canada's longest boil-water advisories received a lifeline to the outside world. A $30-million road will connect the Shoal Lake 40 reserve to the mainland. THE CANADIAN PRESS

Let sleeping teens lie

EDUCATION

Eight too early to start class, experts say

More school districts around the U.S. are heeding the advice of scientists who have long said that expecting teens to show up to class before 8 a.m. isn't good for their health or their report cards.

The Seattle school board voted last month to adopt an 8:45 a.m. start time beginning next year for all of its high schools and most of its middle schools, joining 70 districts across the nation who adopted a later start time in recent years.

The movement still has a long way to go: There are more than 24,000 U.S. high schools. Supporters expect that such decisions will be made more quickly now that people have mostly stopped debating the underlying science.

Proponents of later start times got a boost last year when the American Academy of Pediatrics said that while starting later isn't a panacea for teen health and academic problems, it can improve students' lives in many other ways.

"Essentially, across the board, any domain that you look at improves pretty dramatically," said Dr. Judy Owens of Boston Children's Hospital and author of the academy's policy statement on teen sleep. After the report, the Centers for Disease Control and Prevention also pushed for later bell times.

Research studies have shown later start times help combat sleep deprivation in teens, who naturally fall asleep later than their parents would like, and improve academic success, attendance, mental health and cut sleep-related car accidents.

Bridget Shelton, a freshman at Seattle's Roosevelt High School, believes the change in bell times will help her move from getting 6-7 hours of sleep to closer to 8 hours next year.

"I know many students that come in and are just struggling to stay awake," she said. "Many of my friends are falling asleep in class."



Ben Early yawns before classes at Roosevelt High School in Seattle. The Seattle school board voted last month to adopt an 8:45 a.m. start time beginning next year for all of its high schools and most of its middle schools. ELAINE THOMPSON/THE ASSOCIATED PRESS

BALTIMORE

Hung jury means retrial in Freddie Gray case

Instead of a dramatic conclusion to the first of six trials of police officers in the death of Freddie Gray, the mistrial left Baltimore, Md., in suspense and confusion, with no immediate understanding of what happens next.

The city had braced for a possible repeat of the protests, destruction and dismay that engulfed the city in April after Gray's neck was broken in the back of a police van. But several small marches ended peacefully overnight as the community tried to process the news.

Baltimore Circuit Judge Barry Williams acknowledged the hung jury Wednesday after the panel deadlocked over whether Officer William Porter had committed any crimes by failing to take measures that might have saved the life of the young black man, who was shackled and placed face down in the wagon after running from police.

Back at square one, prosecutors and defence attorneys met in Williams' chambers Thursday morning to discuss dates for a possible retrial. A uniformed deputy stood guard, and when the lawyers left about 30 minutes later, they declined to comment, citing the judge's gag order.

THE ASSOCIATED PRESS

IN BRIEF

Putin describes Trump as 'bright and talented'

In Vladimir Putin's view, Donald Trump is "bright and talented" and "the absolute leader" in the presidential race. The Russian word he used not only means "bright" in terms of intelligence, but also "vivid" and even "gaudy."

THE ASSOCIATED PRESS

The Donald vs. Kimmel

In an appearance on Jimmy Kimmel's late-night show Wednesday, Donald Trump was questioned about campaign issues, saying he's gotten calls of thanks from friends who are Muslim.

"Those may have been crank calls," Kimmel replied.

THE ASSOCIATED PRESS

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‘World is a living mosaic’

SOCIAL MEDIA

Campaign to highlight migrants’ contributions

Migrants from around the world are sharing their life stories in a unique “I am a Migrant” campaign, launched by the International Organization of Migration to remind the world of the value of migrants.

Hundreds of people — including a Somali woman who moved to Canada to go to university, a French woman in Georgia and a Congolese artist in Mauritania — are participating in the global social media campaign, posting their profiles and photos on the website iamamigrant.org.

“We know from economic reports the incredible contributions migrants make. But it is easy to forget that,” said Leonard Doyle, IOM spokesman. “We have to remind ourselves the world is a living mosaic and that makes it much richer.”

The campaign comes at a time when the news has been focused on scenes of desperate refugees, and the sometimes extreme political reactions those images have provoked.

Doyle hopes showing the value of migrants through positive stories will shift the political narrative and counter xenophobia and anti-immigrant rhetoric prevalent in parts of Europe.

The Mexican government, an enthusiastic participant, will put “Soy Migrante” posters on display next month.

Facebook in Germany has also lent support, donating online advertising space. Four videos have been posted in German on Facebook in the last two days, garnering five million views as of noon Thursday.

The campaign — launched in time for the UN’s International Migrants Day — builds on a crowd-funded initiative “I am an Immigrant,” introduced earlier this year in the U.K. by the Joint Council for the Welfare of Immigrants. TORSTAR NEWS SERVICE



Reflections on life in a new country **1 Lauriane, from France, now in Georgia** — “Everyone refers to people like me as ‘expats.’ In reality, I am a migrant.” **2 Nadifo, from Somalia, now in Canada** — “I think Canada is a good country, where multiculturalism is practised, where so many people are there together in peace.” **3 Mihir, from India, now in the U.K.** — Mihir immigrated to the U.K. many years ago to follow his dream to become a journalist. “I feel Indian but I feel British, too. This is a duality.” **4 Rahi, from Iraq, now in Belgium** — “(My family has been) given so many opportunities here that Belgium has become our second home.” ALL PHOTOS VIA IAMAMIGRANT.ORG

EUROPE

EU plans border force

European Union heavyweights France and Germany on Thursday backed a potentially divisive plan for a border guard agency with powers to unilaterally deploy to member states unable or unwilling to manage their borders.

The border and coast guard project is chiefly aimed at protecting Europe’s external borders in countries like Greece and Italy as they struggle to manage the arrival of hundreds of thousands of people fleeing conflict or poverty for better lives in Europe.

But the idea the agency could send ships, planes or other assets to a country even if it opposes the deployment is reviving fears about a loss of national sovereignty to unelected officials at the EU’s executive Commission in Brussels.

Countries further north in Europe like Germany and Sweden — the preferred destinations of many migrants — are keen to have tighter controls to ease the flow of people, as is France. THE ASSOCIATED PRESS

NUMBERS

Global refugee population tops 20M

The global refugee population has surpassed the 20-million mark for the first time since 1992, says the United Nations refugee agency.

According to its 2015 mid-year update report, an average of 4,600 people are being forced to flee their countries every day as Syria’s war remains the single biggest cause worldwide of both new refugees and continuing mass internal and external displacement.

By the end of June, there were 20.2 million refugees — up from 19.5 million a year ago — and 34 million internally displaced people — up by 2 million — around the world.

In the first six months of the year, the international community received 993,600 asylum claims, accounting for a 78 per cent increase over the same period in 2014, said the report to be released in Geneva on Friday.

As of June 30, Turkey was the world’s biggest host country, with 1.84 million refugees on its territory. TORSTAR NEWS SERVICE

WHERE THEY’RE COMING FROM

Most common source countries for refugees

- **Syria:** 4.2 million. Fleeing civil war and the threat of extremist group Islamic State of Iraq and the Levant (ISIL).
- **Afghanistan:** 2.6 million. Fleeing Taliban extremists.
- **Somalia:** 1.1 million. (Fleeing insurgency led by Al-Shabab).
- **South Sudan:** 744,100. (Fleeing civil war)
- **Sudan:** 640,900. (Fleeing civil war).

SOURCE: UNITED NATIONS REFUGEE AGENCY 2015 MID-YEAR REPORT





Facebook is rolling out a feature called Photo Magic that will automatically address a message so it can be sent quickly to friends identified in a picture. ISTOCK

Facebook trying a little Photo Magic

SOCIAL NETWORKING

Feature aims to foster more allegiance to Messenger app

Facebook is trying to make it easier to send photos as the holiday season's picture-taking frenzy escalates.

The world's largest social-networking service is offering a feature called Photo Magic that will automatically address a message so it can be sent quickly to Facebook friends identified in a picture. The option relies on the same image-recognition technology that attaches people's names to Facebook posts.

Facebook Inc. will highlight Photo Magic in a Messenger update that started rolling out Thursday to users of Apple's iPhones and smartphones running on Google's Android software.

The update is being distributed to a broad audience after a month of testing among smartphone users in Australia. Facebook is planning to make Photo Magic available to Messenger users everywhere in the world, except in Canada and the European Union.

Messenger has more than 700 million users, about half the size of the audience on Facebook's social network.

Facebook is counting on Photo Magic to foster more allegiance to its Messenger app as it competes against other competing services such as Snapchat that have become particularly popular among teenagers and young adults.

As part of the Messenger upgrade, Facebook is also including an option that will allow users to change the colours of their exchanges with different friends and switch the formal name of a recipient to a nickname, such as "mom" or "dad."

THE ASSOCIATED PRESS

9.5B

Number of pictures already being sent each month through Messenger, according to Facebook

CRIME

Turing CEO arrested

Martin Shkreli, the former hedge-fund manager vilified for buying Turing Pharmaceuticals and jacking up the price of a life-saving drug more than 50-fold, was arrested Thursday on securities fraud charges unrelated to the furor.



Martin Shkreli. THE ASSOCIATED PRESS

The charges against the 32-year-old entrepreneur — an unapologetically aggressive businessman and relentlessly self-promoting figure — involve his actions at another pharmaceutical company, Retrophin, which he ran as CEO from 2012 to 2014.

The indictment said Shkreli and others orchestrated three interrelated fraud schemes from 2009 to 2014. It said they fraudulently induced investors to sink their money into two separate funds and misappropriated Retrophin's assets to satisfy Shkreli's personal and professional debts.

THE ASSOCIATED PRESS

IN BRIEF

Millennials leverage tech
A group of 20-somethings from Vancouver used Snapchat to crowdfund the $3,000 each required to build homes for 20 flood-hit families in El Salvador. THE CANADIAN PRESS

Shaw explains takeover
Shaw Communications says its proposed $1.6-billion takeover of Wind Mobile will provide an affordable entry into the industry and an expansion beyond Western Canada.
THE CANADIAN PRESS

market minute

DOLLAR
71.68¢ (–0.86¢)

TSX
13,009.93 (–156.15)

OIL
$34.95 US (–57¢)

GOLD
$1,049.60 US (–$27.20)

NATURAL GAS: $1.755 US (–3.5¢)
DOW JONES: 17,495.84 (–253.25)





metro VIEWS
Your essential daily news
Weekend, December 18-20, 2015

THE BIG THING: GUFF

Baloney. Crapola. Baffling B.S. Or, as the Brits say, guff. Whatever you call it, overinflated, nonsensical language is an epidemic in the business world (and everywhere). Lucy Kellaway, the founder of Guffipedia, a new site that names and shames the ghastliest guffers, says the proliferation of goofy jargon is a "tragedy with no remedy." What do you think? Is guff a verbal scourge, or does it have its uses — other than being a convenient way to fill empty air?

SOURCE: THE FINANCIAL TIMES



1 Awful or awesome? Some of Guffipedia's stars include Speedo, for rebranding its swimming cap as a "hair management system," advertising firm Circus Street, which boasts that its brands become "multi-dimensional communication scaffolds," and an unnamed food-industry analyst who calls bottled water an "affordable, portable lifestyle beverage."

2 When guff works So why do people continue to appreciate (and repeat) utter nonsense? "It makes you sound clever; it shows you belong to a club; it is an alternative to thinking, and ... you can say things that sound decent but are actually meaningless," Kellaway says.

3 Dazzled by drivel In a study published last month, psychologists at the University of Waterloo presented subjects randomly with computer-generated sentences like "Wholeness quiets infinite phenomena," real tweets from spirituality guru Deepak Chopra (example: "Attention and intention are the mechanics of manifestation") and common sayings ("A river cuts through a rock, not because of its power but its persistence"). Many people found all three types of statements profound. Believers in the paranormal were more likely to say the fake and New-Age phrases were really deep.

Home at the haunted house for the holidays



Stephen Thomas
For Metro

The holidays are coming up, and, if you're like a lot of people, you'll be heading home for a few days to spend time with the fam. And by home, I mean not your home, but the house where your parents live.

Going home and hanging out with your family can be hard for a lot of people. Triple-brewed tensions that have been soaking in a familial collective unconscious for decades, divisive voting allegiances, racism, shame at confronting your own shortcomings you only really feel in contrast to high-achieving siblings — the list goes on.

As your parents age, a procession of hellspawn rush in to fill the dark spaces in the home.

But going home is especially hard when your parents' house is haunted.

Like mine. That's right, my parents got themselves a big old haunted house.

Haunted by what, you ask?

Ghosts, of course. Ghosts of vicious arguments, traumatic memories and just your standard-issue childhood. How do you know if you're visiting a haunted house, you ask?

Let me tell you a story.

I went home for Christmas last year, and I was hanging my coat up in the closet when a hand came out and took my coat from my hands, hung it neatly on the rack, and hissed, quite politely, "You will never live up to your father's expectations."

The strange thing is, when I was a kid, I didn't even notice that my parents' house was haunted. Although maybe the house had fewer ghosts then. You know, there are things you don't notice about your family when you're a kid because your home is like water to a fish: it's all you know. It's only when you start to see what other families are like that you twig that not all houses' hallways emit deep, echoey whispers of "GET OUUUUUT."

Or maybe that just wasn't there when I was a kid. It does make a certain kind of sense that as your parents age, and you age, and once-vital arguments congeal into silence, a procession of hellspawn would rush in to fill the dark spaces of the home where your little soul was nurtured, undeterred by kind words, or lovers, or therapy — nay, growing stronger and feeding on the food only of itself, like a human centipede that ... grows.

Anyway, how to get rid of these ghosts? There is only one way. That's right: exorcism.

There's a little-known law of the Swiss psychotherapist Carl Jung that says that every time you marshal your bravery and broach a Terrifying Topic with your parents, or other family member, in the Haunted Location, the ghost who haunts that location withers and dies. So: do that.

"But I don't have ghosts in my home!" you say. Don't you? Listen carefully to the silence in the kitchen when everyone else has gone to sleep, and the dinner's dishes, now dry, rest in the dish rack, and two stained glasses of wine stand on the dining room table.

Listen to the hush.

Happy holidays!

Stephen Thomas lives and writes in Toronto. Follow him on Twitter @skwthomas.

ROSEMARY WESTWOOD

metroview



You don't have a right to a free online comments section

Commenters on The Globe and Mail's website are (predictably) dismayed.

The Toronto Star announced the end to its online comment sections on Wednesday, and when the Globe reported the same move, its own readers mourned the loss.

One wrote a six-point defence of comment sections as avenues for free expression. Some argued the "ultra-left downtown elites" couldn't handle the heat. Many called it short-sighted and said they've no interest in commenting elsewhere, including social media. They like their current anonymity and even promised to drop their subscriptions if the Globe followed suit.

But the Star is not out on a limb. Dozens of media outlets around the world, including Postmedia in September, have made the same call. Why? Because comments are rife with abuse and threats, racism, sexism and bigotry (for which the publishers are legally responsible). No one, not even the Globe commenters, denies it. Cleaning up that mess takes resources, and media companies are rather tight on resources these days.

Some outlets, the New York Times being the most prominent, argue comments sections should be thought of not as an added bonus for readers but as the meat of engagement. Lose engagement and you lose readers. Lose readers and you lose money.

It's perhaps easier for the Grey Lady to downplay moderating costs; It has the advantage of being part of a new digital project to analyze and develop tools for reader comments.

But supposing comments sections really are integral to the exercise of online journalism, readers should be willing to pay. Maybe that means an extra fee in order to comment. Maybe it means watching an ad or just paying more overall for the news.

Readers should know digital and print subscriptions do not cover the cost of journalism, let alone endangered investigative journalism, let alone comment monitors. Ad dollars are only going in one direction, and while companies flail about for the best way to build readership and new revenue, some functions will get cut.

Free speech is important but it's not a newspaper's job to give it you. Media companies aren't public property. And your anonymity as a commenter is not a right.

So, yes, it would be great to have lively, spirited, hate-free debate in comments. Reporters would love to find story ideas there, along with new angles and meaningful critiques, and media executives wouldn't scoff at 400-plus comments on a single piece.

But if you want it, it should cost you.

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Despite playing one of the most recognizable characters of all time, Anthony Daniels, inset, almost never gets recognized. HANDOUT

The voice of 'We're doomed!'

ANTHONY DANIELS

Playing C-3PO comes with its share of strange moments

Richard Crouse
For Metro Canada

Having one of the most recognizable voices in movie history can lead to some surreal moments. Just ask Anthony Daniels. He's played C-3PO in all seven Star Wars films, including this weekend's Star Wars: The Force Awakens and once rented a car with a very familiar voice on the GPS.

"I felt uncomfortable with me — very clearly — giving me instruction for something I didn't know. I found it quite bizarre. I was driving thinking, 'This is unnatural.'"

Other times the voice, which in real life is less mannered than his on-screen counterpart, brings him unexpected recognition.

For some of his fans, seeing isn't believing — hearing is.

"One of the most charming things that happens to me is when an adult will bring a child to me and say, 'He doesn't believe you're C-3PO.'

"And why would he? I'm some old guy with white hair. Then I do the voice. You see the sound go in one ear and then there is an absolutely realistic time delay whilst the synapses process this. Nothing happens for a second-and-a-half, then suddenly there's a smile and excitement. I love that delay while they process it. You couldn't buy that. I've been given that and it gives me utter joy because it is without guile. It is just an honest recognition of something I did."

A week before Daniels trekked to Tunisia in 1976 to begin shooting the sci-fi space opera, he was a stage actor performing in Tom Stoppard's absurdist play Rosencrantz and Guildenstern Are Dead.

"It's about two nobodies," he says. "Rosencrantz is a bit gung ho, (he) doesn't think. Doesn't work things out really; just goes for the main thing. His friend Guildenstern is much more reserved, much more intellectual. He thinks about things. Worries about things.

"There I am a week later playing C-3PO in the desert with R2D2. I would say it was three or four years later that something in my brain went, 'Wait a minute, R2 and 3PO are Rosencrantz and Guildenstern.' There is a nice synergy there, or connection I think. 3PO is the clever one and R2 is the gung ho one. They're odd couple buddies. It is a great dynamic to act off."

Today C-3PO and R2D2 are seen as a classic combo, but during filming, Daniels had his doubts it would work.

"The problem for me was R2D2 never made any sounds so I was playing off myself. Not to aggrandize myself, but it was quite a challenge. It was a bit like a terrible Whose Line Is It Anyway? where you pretend a chair is your best friend.

> **"The problem for me was R2D2 never made any sounds so I was playing off myself.**
> Anthony Daniels

"When I saw the final movie and there were R2's beeps and responses, to me it was total magic because that was the first time I ever saw it. They had woven a conversation after the fact."

Playing the golden droid has been a lifelong career for Daniels. The 69-year-old actor was just 30 years old when he first donned C-3PO's suit and has since appeared in person or voice in dozens of movies, television shows, commercials, PSAs and live events as the character. He's even in the legendary The Star Wars Holiday Special and says he's been "very lucky to be given the chance" to play C-3PO but calls that his "business life."

"I don't go around saying, 'Do you know who I am?'

When I suggest he could at least use his fame and the C-3PO voice to get great tables in restaurants he says, "No, no, no. Then they'd say there's no table tonight or tomorrow. I don't think people would be too terribly impressed to have me in the restaurant. Were I to enter in a gold suit then I could have the entire room to myself!"



TV BRIEF

Khloe Kardashian to help brokenhearted sculpt new bodies in TV series

Khloe Kardashian is behind a new makeover series at the E! network, where she promises to help the brokenhearted get the "ultimate payback."

E! said Wednesday it had approved a six-episode series where one of the network's favourite sisters will be mentor people trying to turn their life around.

She calls the series Revenge Body with Khloe Kardashian. Looking great, she says, is always the best revenge for getting back at an ex.

The network did not say when the show will be on the air. THE ASSOCIATED PRESS



THE TV DINNER JESSICA ALLEN

My brother and I will be watching The Force Awakens wondering why no manufacturer ever released Aunt Beru's Blue Milk



Food doesn't factor large in that galaxy, far, far away. There's the scene on Tatooine where Luke drinks blue milk in his uncle and aunt's kitchen. There's the scene in the Mos Eisley cantina — a wretched hive of scum and villainy — where glowing cocktails are consumed. And there's the scene on Dagobah where Yoda breaks into Luke's kit rations and then Yoda cooks Luke a potent gruel in his hut.

Maybe that's because food is small potatoes compared to the sustenance of the Force. But that didn't stop my older brother from fashioning pieces of white, crustless Wonder bread into "space pellets."

Star Wars was the first movie that he ever saw in a cinema. It was the summer of 1977. My dad took him. He was 5. George Lucas' mythology and his characters, who lived long ago in those perfectly patinated worlds, made an impression on him that is still strong today.

By 1980, I was old enough to join in, much to my brother's inconvenience, to see The Empire Strikes Back, and Return of the Jedi, too, three years later. I remember the Star Wars bed sheets and matching drapes; pushing his patience while he watched his VHS copies of the trilogy while I played Barbies and recited the sacred script before the characters did; and choreographing scenes in the backyard where I insisted on being Han Solo because he had the best lines.

I remember taking photos of each other posing like Jedi Knights with our Polaroid cameras and then rotoscoping the lightsabers with magic markers; and saying, "May the Force be with you" in lieu of "Good night" after our parents tucked us in.

THE MOVIE: Star Wars series



THE MEMORY: Jessica and her brother



But here's the thing: his experience, ours, is not singular. Multiply it by many, many millions. This is why I can't wait to see the box office numbers this weekend after Star Wars Episode VII: The Force Awakens opens on Dec. 18. The film's teasers and trailers have been viewed over 400 million times. I'm not sure there's ever been anything like it.

Much of the anticipation stems from our collective reverence for the material and fondness for its messages. Some people suggest that if you watch the original trilogy now, as an adult, you'll notice that Lucas didn't depart all that much in the three later prequels. It's just that his fan base had grown up and finally noticed how hokey his dialogue was.

I don't know about that. But I do know that our only hope is The Force Awakens' director J.J. Abrams, not to mention screenwriter Lawrence Kasdan, who penned both Empire and Jedi.

My brother bought our tickets — for me, him, our partners and my dad — in October. Only recently did we discover that our mother is having cataracts removed the same day. She knew how important the movie was and didn't want to be the cause of disrupting our plan. But Simon was adamant that he skip the movie to take her to and from the operation. Let that sit for a second: while my mother has surgery, her kids will be watching a movie — wondering why no manufacturer ever released Aunt Beru's Blue Milk — and a non-blood relation will tend to her.

"What is wrong with us?" My brother recently asked me.

"I have no idea," I said. As for Simon? The Force is strong with that one.

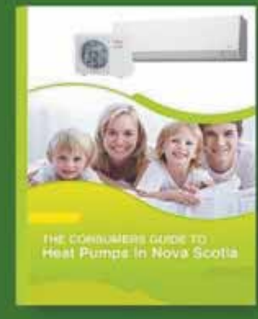
Jessica Allen is the digital correspondent on CTV's The Social.

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Maya Rudolf is anti-social(media)



This photo shows John Leguizamo as Dave and Maya Rudolph as Brinda, in a scene from the film, Sisters, directed by Jason Moore. K.C. BAILEY/UNIVERSAL PICTURES VIA AP

Q & A

The SNL vet on Sisters and steering clear of social media

Ned Ehrbar
Metro | Hollywood



When SNL vet Maya Rudolph isn't busy being hilarious — like in the new comedy Sisters alongside Tina Fey and Amy Poehler — she's busy raising her four young children with her husband, filmmaker Paul Thomas Anderson. So it's understandable why she doesn't have much time for social media. But even if she did, she'd avoid it all the same.

Your character, Brinda, has a major chip on her shoulder from high school. How was it playing that kind of long-held resentment?
It is fun. I think the insecurity of Brinda's character really is our own collective insecurity. Everybody wants to be invited to the party. That's sort of the worst possible feeling in terms of high school days. You don't want to be the person that's left off the list. I feel like with Brinda it's almost as if she was just waiting for Kate (played by Fey) to come back to her hometown so she could be like, "See? I've really got my life together."

It's interesting how that FOMO (fear of missing out) turned her into a mean girl.
She has major FOMO. I just learned about FOMO. But everyone's got FOMO. Well, not everyone. Some people don't. Some people are actually content.

Twitter and Facebook have made it more pronounced.
Yes. I don't dabble in those things. Maybe I was just born so early in the '70s that it's just so hard for me to relate to the idea of sharing everything. When I do see other people's Instagrams or Twitter, it's such a carefully edited version of themselves, so everything looks f—ing great. Everything is perfect. Your life is perfect. But also I don't want anybody to know my business.

And it's a lot of work.
I feel like if I was constantly doing that and not doing the other things I need to do, I would hate myself a little bit. I don't have enough time to do the things I'm supposed to be doing, so it would just feel like pure procrastination.

Has anyone ever pressured you to do it for work?
Yes. When I did my variety show, I was given a Twitter account... And so I announced it, like, "Hey! My show's coming on. You should watch it." And the response was so crazy. I obviously had not set up my settings correctly, but people started responding and my phone would not stop. It felt weird.

That sounds terrifying.
It was. And I'm not used to it. I'm not good at it. I'm good at other things.

Such as?
Roller skating. But not ice skating. And I do not know how to rollerblade either.

How does this compare to crazy parties you've been to?
This is the craziest party. I mean, I did go to a lot of parties in high school. I grew up in L.A., and the thing to do was just go to random parties. You'd just go to somebody's house. It was so stupid, everything about it was dumb. The concept of it is just so screwed up. "Hey, there's a bunch of children in a home and the adults are gone and everyone's wasted!" That's a very, very dangerous, bad idea.

Do you think that new perspective has to do with being a grown-up and a parent?
That's the worst payback ever, actually having to think about that stuff. I don't have tattoos, but there was a time when I wanted one. And then my daughter, her cousin drew these dots on her face and I was like, "If you're going to get a tattoo you need to talk to me first. We need to have a conversation." What's happening to me? (laughs)



5 CLASSIC MUST-WATCH CHRISTMAS SPECIALS

Brian Gasparek
For Metro Canada



If you haven't had a chance to kick back with a glass of spiked eggnog and stream Bill Murray's new holiday Netflix special, A Very Murray Christmas, you're totally missing out.

The show is not only as captivatingly bonkers as you would expect from a Bill Murray and friends holiday extravaganza, it also pays a great homage to all of the classic Christmas variety specials from television's past. Especially the really weird ones.

Dating back to the late '50s, celebrity-hosted Christmas specials were a huge draw on TV every winter. They featured singing, dancing, lovable guest stars, and some questionably thin holiday-themed plotlines. The popularity of these specials lasted several decades, and a handful of them still remain notorious today.

Whether it's because of their festive nostalgia, their utter ridiculousness or their disastrous legacy, here are 5 classic Christmas TV specials that you really need to go back and watch.



1 Pee-wee's Playhouse Christmas Special

Pee-Wee Herman's Christmas special from 1988 is an absolute must watch. The show combines the nostalgic singing and dancing from classic '60s holiday specials with the weekly weirdness that was Pee-wee's Playhouse. Along with Herman himself, the special features all of Pee-wee's bizarre Playhouse friends like Chairy, Cowboy Curtis and Charo. The strange cast interacts and performs with a solid line-up of '80s special guests that include Cher, Magic Johnson, Glen Close, Whoopi Goldberg and Oprah. The special is available on Netflix and should appeal to children, adults and stoners alike.



2 The Judy Garland Christmas Show

In the early '60s, The Judy Garland Christmas Show aired as a sweet, wholesome variety special that was fit for the entire family. But if you watch it now, it will completely floor you. The special, which took place just a few years before Garland died from a barbiturate overdose, was entirely sponsored by a pharmaceutical company!



3 Andy Williams and the NBC Kids Search for Santa

Speaking of baffling, the premise of Moon River singer Andy Williams' 1985 Christmas special was so unbelievably offside, it would never air today. The show features a 58-year-old Williams convincing several child actors from popular NBC sitcoms like The Cosby Show and Punky Brewster to run away with him to Finland.



4 Mr. T and Emmanuel Lewis in a Christmas Dream

If you want to see a special so atrociously bad it's good, you need to watch Mr. T and Emmanuel Lewis' Christmas Dream from the mid-'80s. Yes, at one point in history, Emmanuel Lewis and Mr. T were big enough stars to warrant having their own primetime Christmas special. Lewis, riding high on Webster fame, plays a kid who's lost all of his holiday spirit. Mr. T plays one of Santa's lackeys who attempts to restore Lewis' festive cheer. The singing is as terrible as you can imagine, and the special's one notable guest, magician David Copperfield, comes across as a creep. It's a cheesy train wreck, but you can't look away. You can find clips of it on YouTube.



5 The Star Wars Holiday Special

All of the hype surrounding The Force Awakens this month reminded us of the most ridiculous, must-see Christmas special of all time, The Star Wars Holiday Special from 1978. Yes, this actually exists and it's beyond weird. Although this special is more plot-driven than the others we mentioned, it's still intended to be a wholesome family variety show, and features singing, comedy and celebrity guests. The special revolves around a disgruntled-looking Star Wars cast attempting to get Chewbacca home to his family in time to celebrate 'Life Day.' Bea Arthur, Art Carney, Jefferson Starship and other guest stars all make very confusing appearances in what was a blatant Star Wars cash-grab. It's so much of a mess that even George Lucas says he hates it! Look it up on YouTube.



DOCUMENTARY

Film looks inside the best restaurant in the world

Steve Gow
For Metro Canada



The taste of success

Noma: My Perfect Storm may capture 33-months in the kitchen of Rene Redzepi's four-time winning Best Restaurant in the World, but Pierre Deschamps actually never set out to make a movie about food.

"The first goal was to focus on Redzepi," admitted the filmmaker ahead of the documentary's release in select theatres and on VOD.

"The backdrop is Noma. I didn't want to go too much into the making of the food itself because we have TV shows and they do that all the time. I was really trying to tell the story of a person in a specific context and what that person achieved."

Redzepi's accomplishments are certainly worth attention. The young Danish chef has not only run world-renowned Noma, a restaurant in Copenhagen, he also invented New Nordic Cuisine — an artistic, locally-based gastronomy that relies heavily on seasonal ingredients and foraging. Perhaps more importantly, Deschamps explores how an ostracized Muslim youth battled racism and still seemingly suffers the insecurity of being an outsider — even as he runs the Best Restaurant in the World.

"I knew he has issues with racism (and) I knew with Noma, he was trying to do something different. The sum of those factors made him who he became," said Deschamps. "When you look at Redzepi's story, it's a guy who climbed the ladder of success within a few years to become the God of Food — people will be surprised looking at the ups and downs."

Moviegoers will also see behind the curtain of one of the most celebrated kitchens on the planet. There may be scenes of Redzepi rejoicing his apprentices' gastronomic experimentations, but they're equally balanced by brazen sequences of the famous chef emotional and unhinged.

"He knows me a bit — who I am and my philosophy about life. And he knows I wasn't going to dig into private stuff," admitted Deschamps about capturing such intimate moments on-screen. But the filmmaker is also quick to credit Danish culture's broad respect for "tall poppy syndrome" for Redzepi's modesty as well.



> **It's a guy who climbed the ladder of success within a few years to become the God of Food**
>
> Pierre Deschamps on Rene Redzepi

"You need to make sure you respect everyone and you shouldn't think of yourself too much," explained Deschamps. "I think Rene has kept that sort of humility."

MORE EATS

Top three restaurants in Canada:

Toque! – Montreal
This fun Montreal restaurant has focused on local ingredients for an inventive menu made of gastronomic delights like pan-seared foie gras and venison loin.

Hawksworth Restaurant – Vancouver
With its elegant interior, the décor of Hawksworth is as swanky as its French and West Coast-influenced cuisine, which ranges from entrees like parmesan-crusted chicken to grilled sturgeon with squid ink risotto.

Buca – Toronto
An Italian spin on fine-dining, executive chef Rob Gentile serves up such fare as hand-rolled ricotta gnocchi or crispy pigs' ears with fennel. Even famed chef Jamie Oliver once tweeted his "favourite meal of the year" was at this upscale alleyway eatery.



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CURMUDGEONLY CHRISTMAS QUIZ



Not everyone loves the holidays — in fact, some people dread them. Take this quiz to see if you're a Christmas curmudgeon:

1. It's Nov. 1, the day after Halloween, and you walk into a store and hear Christmas music blaring. What do you do?

a. Buy the store, shut it down
b. Swear at the top of your lungs
c. Go on a rampage

2. A loved one asks for a gift that's outrageously expensive. What's your game plan?

a. Flat out no
b. Steal it
c. Buy it, then tear it to shreds



3. You've been tasked with bringing a side dish for Christmas dinner. What do you bring?

a. Something you picked up at a convenience store on the way to the party — which you're late to
b. Booze
c. Water

4. You pass by a Santa look-alike on the street, collecting money for a local charity. What's your reaction?

a. "Leave. Me. Alone!"
b. "Make me a sandwich."
c. "Water... gun."

5. It's Christmas morning. What's your first thought when you open your eyes?

a. Bah humbug
b. @#&$!
c. Bright light! Bright light!

Mostly a: You're Scrooged — You're selfish and cynical, but you may learn some lessons this Christmas that will turn your frown upside down.
Mostly b: You're a Bad Santa — You've been misbehaving (a lot), but this might be the Christmas you go good.
Mostly c: You're a Gremlin — You'd better not eat any Christmas cookies after midnight.

Whether you're a curmudgeon or not, there's a Christmas movie for you. Starting Dec. 8 and running until Jan. 12, Hollywood Suite is offering a free preview of uncut and commercial-free movies that shaped the '70s, '80s, '90s and 2000s. Available on television service providers across the country, this free preview includes access to Hollywood Suite On Demand, where available. Rediscover such Christmas classics as Gremlins (1984), Scrooged (1988), Bad Santa (2003) and more.

HOLLYWOODSUITE

70s movies 80s movies 90s movies 00s movies

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DRAMA/COMEDY

Sisters

Director: Jason Moore
Starring: Tina Fey, Amy Poehler

Two disconnected sisters are summoned home to clean out their childhood bedroom before their parents sell the family house. Looking to recapture their glory days, they throw one final high-school-style party for their classmates,

ROTTEN TOMATOES™ SCORE
Critics: 89% Audience: 96%



ANIMATION/KIDS

Alvin and the Chipmunks: The Road Chip

Director: Walt Becker
Starring: Justin Long, Matthew Gray Gubler

Through a series of misunderstandings, Alvin, Simon and Theodore come to believe that Dave is going to propose to his new girlfriend in New York City... and dump them.

ROTTEN TOMATOES™ SCORE
Critics: 8% Audience: 82%



ACTION & ADVENTURE

Star Wars: The Force Awakens

Director: J.J. Abrams
Starring: Harrison Ford, Daisy Ridley

In this continuation of the Star Wars saga, balance returns to the Force as the First Order, emerging from the ashes of the Empire, clashes with the Resistance, which includes newcomers and heroes from the former Rebel Alliance.

ROTTEN TOMATOES™ SCORE
Critics: 94% Audience: 99%



DRAMA

In The Heart of the Sea

Director: Ron Howard
Starring: Chris Hemsworth, Benjamin Walker

In the winter of 1820, the New England whaling ship Essex was assaulted by something no one could believe: a whale of mammoth size and will. The real-life disaster would inspire Herman Melville's Moby-Dick.

ROTTEN TOMATOES™ SCORE
Critics: 60% Audience: 70%

NEW BOOK

Ethan Hawke pens rules for a knight

Actor-author Ethan Hawke took on modern-day parenting challenges with the help of a fictitious 15th-century Cornish knight.

His young adult book, Rules for a Knight, grew from Hawke's "tinkering" with stories he had written over the years for his own kids. The parables take the form of a letter from the knight, introduced as Hawke's ancestor, to his four children about living purposeful, ethical lives as he prepares to go into battle.

"It's a dialogue about some entry-level philosophical ideas that I think could be nice for young people," Hawke, 45, said.

They're warm and simply, yet effectively, written, although Hawke insists: "I have no ownership over any of these stories . . . I really view myself as the editor of this."

The handsome, palm-sized book is bound in emerald cloth and each chapter features whimsical pencil drawings done by his wife, Ryan Hawke.

Each chapter explores one of 20 virtues by telling a parable, sharing what the knight learned as he grew from a young apprentice into adulthood.

The stories are based on wisdom from "other knights" Hawke credits in the back of the book — among them Muhammad Ali, Vince Lombardi, Eleanor Roosevelt, Boyhood and Before Sunrise trilogy director Richard Linklater and late actor River Phoenix.

Like the knight in the book, Hawke has four children: daughter Maya, 17, and son Levon, 13, with ex-wife Uma Thurman and daughters Clementine, 7, and 4-year-old Indiana with wife Ryan Hawke. He liked to use these stories to spark conversations with his kids about behaviours.

"They're hard conversations to have, and part of it for me, doing a lot of my parenting from the handicapped vantage point of a divorcee . . . I'd be apart from the kids," Hawke explained.

"I have them every other weekend and there are all these things I wanted to talk about and they never come up on their own." TORSTAR NEWS SERVICE



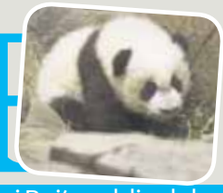
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Your essential daily news



Smithsonian National Zoo readies for baby panda Bei Bei's public debut

A cultural getaway to Montreal



The Montreal Museum of Fine Arts is putting the spotlight on the Beaver Hall Group, a female artist ensemble based in the city in the 1920s. KATHY BUCKWORTH/FOR METRO

IN 48 HOURS

Art, history and French-inspired flavours await in dynamic city

Kathy Buckworth
For Metro Canada



Montreal has an international reputation for fabulous cuisine, fantastic shopping and fine arts. You only need spend 48 hours to get a taste of this trendy and growing city, which has rightfully earned a UNESCO City of Design designation.

Day 1

In the heart of the city you'll find the Golden Square Mile, running from Avenue Atwater to rue Saint-Denis, world-famous for its concentration of art boutiques. Start your day with the city's best-known "power breakfast" hot spot, Le Renoir at the Sofitel Hotel. Walk a few scenic blocks down the street to the Montreal Museum of Fine Arts. The wonderfully curated "Colours of Jazz" exhibition runs until Jan. 31, featuring the unique brushstrokes of the predominantly female artist ensemble the Beaver Hall Group, who painted in a Modernist style in the 1920s.

Lunch at the café at the museum is both French and modern fusion inspired; blood pudding, Moroccan octopus and seasonal fare are just some of the elegantly plated feature dishes. Save room for the exotic assortment of desserts.



Le Renoir restaurant at the Sofitel Hotel. SOFITEL PR

Put your power shoes on to head out for an afternoon of shopping at some of the country's most exclusive shops, including Tiffany's, Gucci, Escada, and Montreal's own favourite department store, Simons.

Unload your shopping and head into Le Bar, a hopping bistro that attracts both young millennials and senior executives, featuring a line of apple-based Neige cider drinks and an eclectic bar menu, showcasing their famous charcuterie board and tasty local Quebec cheeses.

Day 2

Stop for a croissant at one of the many aromatic bistros and bakeries on rue Sainte-Catherine, before heading for your next museum hit at the McCord Museum, which specializes in the preservation of Canadian history, as well as offering fun and educational children's programming. Want to feel like a lady who lunches? Be one by dropping into the Holt Renfrew lunchroom, and linger over a drink before planning your next shopping move.

Relax in your room at the Sofitel and order an in-room spa treatment, or if you're looking for a true rural Quebec experience in the midst of your urban visit, head to La Face Cachée de la Pomme, an hour outside of Montreal, and the birthplace of ice cider. Extreme cold temperatures allow for the creation of this unique drink experience, and exemplifies what they call "Quebec culture in a bottle." Tours are available and their foie gras, made with ice cider, is a particular treat, perfect for the end of an artisanal- and action-packed two days.

Kathy Buckworth was a guest of the Sofitel Hotel, Montreal.

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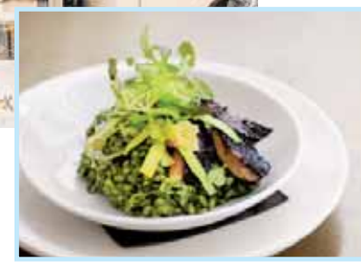
Local cuisine makes travel memorable

ON THE MOVE

From London to Peru, best cities for meals that excite

Loren Christie
For Metro Canada





The Farmshop bakery in L.A., and, at right, a dish at Nopi in London. SPENCER LOWELL; INSET: CONTRIBUTED

According to Christine Couvelier, a culinary consultant who watches global food trends, the best travel memoirs always include food memories.

I recently asked her about Travelocity.ca's list of the hottest destinations in culinary tourism and why these cities made the cut.

Montreal, Canada

This fabulous food city focuses on tradition and pride. Head to Schwartz's, offering the best smoked meat since 1928.

Visit the Atwater market where there is a store with more than 800 varieties of cheese. The Montreal bagels are hand-rolled, dipped in honey water and baked in a wood-fired oven. You can wander around in there for a whole afternoon.

Los Angeles, U.S.A.

One of the things happening in L.A. is the rising popularity of communal dining. A table or two offering a communal dining experience is becoming part of many destination restaurants.

Farmshop Santa Monica is a great spot to make some new foodie friends. Picture sharing a meal at a big wooden table in the middle of the restaurant surrounded by shelves stacked with gourmet food products.

Chicago, U.S.A.

With such a wide range of ethnicities represented in this city, dining in Chicago is a marathon, not a sprint. The food community in this city is focusing on the combinations of sweet and heat. Head to Topolobampo with Chef Rick Bayless, the leading Mexican chef in all of North America. Have the achiote-marinated suckling pig, it's wrapped in banana leaves. I love the poached papaya on the side.

London, England

One of the biggest trends is vegetables as the star of the plate and there is no better place than London, England, to really taste this trend.

Be inspired by Chef Yotam Ottolenghi (Ottolenghi, Nopi), known for his vegetarian Mediterranean cuisine.

Head to one of the great produce markets. I love markets. You see what the locals are purchasing and how their day-to-day lives rotate around the market area.

Lima, Peru

A culinary tour is fabulous but a chocolate tour is even better, and there is a great focus on the origin of chocolate in Lima. A chocolate museum and numerous chocolate boutiques allow you to experience the nuances in the different flavours of chocolate.

On a side note, one restaurant not to miss is Central. It is considered one of the best restaurants in the world with a menu that focuses on tastes in four parts; mountain, sea, desert and jungle.

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metro SPORTS



Cleveland Cavaliers guard Iman Shumpert calmly delivered his daughter when his fiancée unexpectedly went into labour in their bathroom

Wildcats strike down Herd

QMJHL

Mooseheads dig too deep of a hole in the first period



Kristen Lipscombe
Metro | Halifax

At Scotiabank Centre

4	1
WILDCATS	HERD

The first period was the beginning of the end for the Halifax Mooseheads on Thursday night.

The Herd fell 4-1 to the Moncton Wildcats in front of 5,566 disappointed fans inside the Scotiabank Centre, after the 'Cats scored three straight, including two on the power play, in the first 20 minutes.

"It was not that great of a start for us," said goaltender Kevin Resop, who made 35 saves in the loss.

"We took some penalties and gave them space to make plays. If they get space, they're a team that will capitalize every time, like they did."

> **The first period cost us.**
> Mooseheads goaltender Kevin Resop

Defenceman Adam Holwell opened the scoring for Moncton, currently the second-place team overall in the Quebec Major Junior Hockey League, at 6:39 in the first.

Kelly Kilma made it 2-0, with help from twin brother Kevin Kilma on the man advantage midway through the period, while Cameron Askew increased the lead to 3-0 on another power play before heading into intermission.

"We didn't execute properly, and it cost us," Resop said. "We just needed to put it behind us and come out in the second ... with a lot of energy, and that's what we did."

Rookie forward Arnaud Durandeau, named third star of the night, got his fourth goal of the season and put Halifax on the scoreboard by popping in a rebound off a Vincent Watt shot at 9:58 in the middle frame.

Durandeau said it was nice to get it in the net, but added it would have "been better with a win."

"They're a great team and if we want to win, we've got to play three big periods," the Durandeau said.

Moncton forward Cameron Askew, second star of the game, capped off the win on his own rebound at 7:42 in the third, after Resop made the initial save but couldn't slide across the crease in time. League-leading scorer Conor Garland assisted, one of three helpers he had on the night, good enough for first star honours.



Mooseheads defenceman Cavan Fitzgerald delivers a check on Wildcats forward Stephen Johnson on Thursday night at the Scotiabank Centre. JEFF HARPER/METRO

Garland now has 20 goals and 56 assists for 76 points this season.

"We didn't shut out their best player, Garland, and that hurt us the whole game," Durandeau said.

But Garland said Maritime rivals the Mooseheads put up a decent fight against his Wildcats. Moncton leads the division, while Halifax trails in fifth place out of six teams.

"They're always a hard game," Garland said after helping improve his team's record to 23-10-4-0 overall.

"They're a deep team, even though they're missing Timo (Meier)," he said of the Herd captain having joined the Swiss under-20 national squad for the upcoming world juniors. "You can't take them lightly, ever."

The Mooseheads, currently at 12-17-4-1, have a chance to improve that record when the puck drops at 7:30 p.m. on Friday night on the road against the Saint John Sea Dogs, their last game before the Christmas break.

NHL

Quick withstands Habs' barrage to record shutout



Kings goalie Jonathan Quick stops the Canadiens' Daniel Carr on a wraparound on Thursday. PAUL CHIASSON/THE CANADIAN PRESS

Jonathan Quick made a season-high 45 saves as the Los Angeles Kings shut out the Montreal Canadiens 3-0 on Thursday night.

The shutout was Quick's second of the season. Anze Kopitar, Drew Doughty and Marian Gaborik, in an empty net, scored for the Kings (20-9-2).

Mike Condon, who has now lost his last four starts, made 17 saves for Montreal (20-10-3).

The Canadiens have lost six of their last seven games, scoring just 11 goals over that stretch.

THURSDAY In Montreal

3	0
KINGS	HABS

Quick was sensational throughout the game, as Montreal fired a season-high 45 pucks his way, including 18 in the first period.

The 29-year-old Quick stopped Tomas Plekanec with the glove late in the first, and denied Torrey Mitchell from point blank range in the second.

Quick really shone in the third — stopping 15 shots to preserve the shutout. He made an acrobatic stop at 2:30 to poke the puck off the goal line after a shot by Habs captain Max Pacioretty.

Minutes later, Quick made a pad save on Alex Galchenyuk on a breakaway.

Condon was solid in his first start in over a week, but two quick goals by the Kings in the second period sunk the home side. THE CANADIAN PRESS

IN TORONTO

Sharks sink Leafs in OT

Brent Burns banked the winning goal off Peter Holland's leg as the Toronto Maple Leafs blew a lead and lost to the San Jose Sharks 5-4 in overtime Thursday night.

Jonathan Bernier allowed three goals on 27 shots after replacing injured goaltender Garret Sparks and fell to 0-8-3 this season.

Burns scored his 11th goal of the season 2:13 into three-on-three overtime. THE CANADIAN PRESS

Players in no hurry to wear full-face shield

NHL

Despite latest gory Hamhuis scene, visors are still preferred

The gruesome sight of Dan Hamhuis on the ice with his legs flailing made fellow NHL players cringe. A shot like the one that cracked the Vancouver Canucks defenceman in the face could happen to anyone.

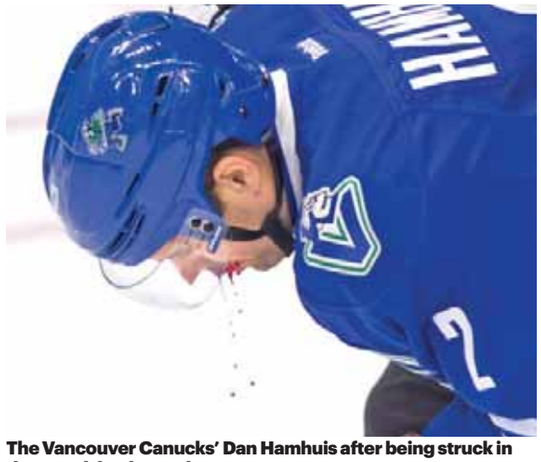
Hamhuis is out two months after surgery to repair facial fractures. Even though he wears a visor like a vast majority of the league now, it couldn't save him when a slap shot from the New York Rangers' Dan Boyle hit him in the jaw from close range.

Only a full-face shield or cage could have prevented that injury.

> **I think it's a ways off. It'll get here one day.**
> Sharks coach Peter DeBoer on the full-face shield

The league and Players' Association only two years ago mandated visors for incoming players, but there could be a day in the distant future when full facial protection like in youth, college and women's hockey, is commonplace in the NHL.

"It's probably the next step," San Jose Sharks coach Peter DeBoer said. "No one thought helmets were coming in and they did, and then no one thought visors were coming in and they did. I'm sure there will be a day down the road one day here where it is (normal). I think it's a ways off. It'll get here one day."



The Vancouver Canucks' Dan Hamhuis after being struck in the mouth by the puck. DARYLL DYCK/THE CANADIAN PRESS

One Eastern Conference executive said no matter the rules on visors there will always be an outlier injury that occurs and doesn't think it's an immediate problem that needs to be addressed. Ian Laperriere had his playing career ended by a puck to the eye that caused a concussion, but the Philadelphia Flyers assistant doesn't believe face shields are necessary. "It's something that the game is faster and the puck's flying out there," Laperriere said by phone Thursday. "But if you think about it, it doesn't happen that often."

Canucks coach Willie Desjardins said recently that "you forget how vicious the game is sometimes" and recalled Hamhuis experiencing a near miss of a puck whizzing by his visor two games earlier.

"That happens on a regular basis and it's probably surprising that maybe more guys don't get hit," Desjardins said.

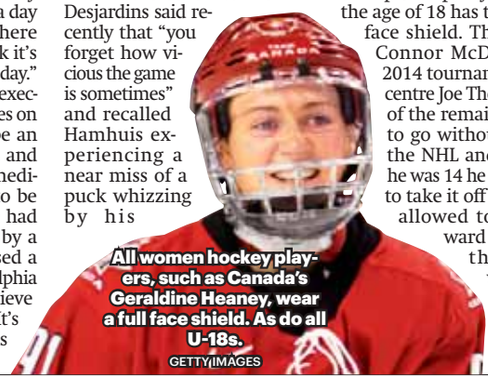
Current players are conflicted on the subject but are in agreement that full face shields aren't coming any time soon. Toronto Maple Leafs defenceman Matt Hunwick called the Hamhuis injury a "freak accident," even if similar plays happen often.

Go into any locker-room and there are a handful of players who remember losing teeth or breaking bones from an errant stick or a puck. It's basically the only way anyone in the NHL now puts on a full face shield.

Philadelphia Flyers forward Sam Gagner, who recently suffered a concussion when his head hit the ice, remembers breaking his jaw in 2013 and was no fan of wearing the full shield.

"It hinders you," Gagner said.

At the world junior hockey championship, any player under the age of 18 has to wear a full face shield. That included Connor McDavid at the 2014 tournament. Sharks centre Joe Thornton is one of the remaining players to go without a visor in the NHL and said when he was 14 he couldn't wait to take it off once he was allowed to. Leafs forward Shawn Matthias hasn't worn one in 12 years. THE CANADIAN PRESS



All women hockey players, such as Canada's Geraldine Heaney, wear a full face shield. As do all U-18s. GETTY IMAGES

WOMEN'S SOCCER

Buchanan Canadian player of the year

Kadeisha Buchanan had yet to reach double digits in age when Christine Sinclair started her run of 11 straight Canadian female player of the year awards in 2004.

Sinclair, who also won the award in 2000, is still the captain and talisman of the Canadian women's soccer team. But the 32-year-old star forward's stranglehold on the top player award ended Thursday when Buchanan, a 20-year-old defender who put her stamp on the world stage in 2015, was voted BMO player of the year.



Kadeisha Buchanan GETTY IMAGES

"It's definitely quite a shock because obviously Christine has won it so many times," Buchanan, an unabashed Sinclair fan, told The Canadian Press from Brazil.

"It's a bit of change to get used to. Like wow ... It's obviously a great honour," she added.

Sinclair and coach John Herdman no doubt led the cheering for Buchanan down in Brazil, where the Canadian women are competing at the International Tournament of Natal.

Sinclair, who shuns the spotlight, is the ultimate team player. And Herdman, who dubbed Buchanan "the Sinclair of defenders" back in May 2014, has been transitioning the Canadian squad to one where Sinclair helps float the entire boat rather than steer it. THE CANADIAN PRESS

SOCCER IN BRIEF

Chelsea sacks Mourinho after poor defence of title

Jose Mourinho's second spell at Chelsea ended prematurely Thursday with the team in decline only seven months after the Portuguese coach won his third Premier League title with the club.

Although Chelsea is only one point above the relegation zone, the 52-year-old Mourinho had been defiantly insisting he was the right man to oversee the team even as Chelsea collapsed on the field with a succession of humiliations. THE ASSOCIATED PRESS

Suarez treble puts Barca into Club World Cup final

Luis Suarez made up for the absence of Lionel Messi and Neymar, scoring a hat trick Thursday as Barcelona beat Guangzhou Evergrande 3-0 to advance to the final of the Club World Cup.

Suarez put Barcelona ahead just before halftime, hammering in a rebound off Ivan Rakitic's long-range effort. The striker made it 2-0 five minutes after the break with a right-footed volley. He put the result beyond doubt with a penalty kick after Munir El Haddadi was fouled in the area. THE ASSOCIATED PRESS



Series in Shapiro's sights

MLB OFF-SEASON

New front-office boss says Blue Jays are a title contender

Compared to the last few years, the Toronto Blue Jays have had a relatively quiet off-season.

There have been a few signings and some trade activity but the Blue Jays have so far steered clear of the free-agent frenzy and any blockbuster moves. Las Vegas still likes Toronto's chances in 2016, with most sports books pegging them among the favourites to win the American League.

New team president Mark Shapiro is also feeling bullish about the Blue Jays' chances.

"It feels like a team capable of winning the World Series next year," Shapiro said Thursday.

The Boston Red Sox have emerged as a slight favourite in the AL after the signing of former Blue Jays ace David Price, who inked a seven-year deal worth $217 million US. The Blue Jays are in the mix of AL contenders with the Houston Astros, Kansas City Royals and Texas Rangers.

Toronto is coming off a 93-69 season and its first playoff appearance in 22 years. They fell to the Royals in the ALCS in six games.

Toronto will bring back arguably the most feared offence in the major leagues in 2016, anchored by sluggers Jose Bautista, Edwin Encarnacion and AL MVP Josh Donaldson. On the pitching front, the Jays lost Price to free agency but re-signed Marco Estrada, signed free agent J.A. Happ and acquired Jesse Chavez in a trade with Oakland.

New GM Ross Atkins said the team has been engaged in discussions on several fronts.

"We are going to stay open-minded and if there is a way that we can creatively just add depth to our pitching or fortify our pitching staff, we'll do it," Atkins said.

Shapiro, Atkins and assistant GM Tony LaCava met with members of the Toronto chapter of the Baseball Writers' Association of America on Thursday.

Shapiro said the possibility of Rogers Centre moving from artificial turf to grass is being considered but there are no firm plans in place. THE CANADIAN PRESS

10-1

On website Bet365, Toronto and Boston are co-favourites among AL teams to win the Fall Classic at 10-1.

JAYS AWARDS

The Toronto BBWAA has revealed its team award winners for 2015.

Josh Donaldson was unanimous player of the year and Marco Estrada was named top pitcher. Outfielder Kevin Pillar was named most improved and closer Roberto Osuna took rookie of the year.



Top playoff performer Marco Estrada will provide stability to the starting rotation when the Jays return to action in the spring. CARLOS OSORIO/TORSTAR NEWS SERVICE

IN BRIEF

OF Kim to move from South Korea to Baltimore



Hyun-soo Kim
GETTY IMAGES

South Korean outfielder Hyun-soo Kim has agreed to a $7-million, two-year contract with the Baltimore Orioles, pending a successful physical.

The 27-year-old hit .318 with 142 homers and 771 RBIs in nine-plus seasons with the Doosan Bears in South Korea. Last season, Kim hit .326 with a .438 on-base percentage, 28 homers and 128 RBIs.

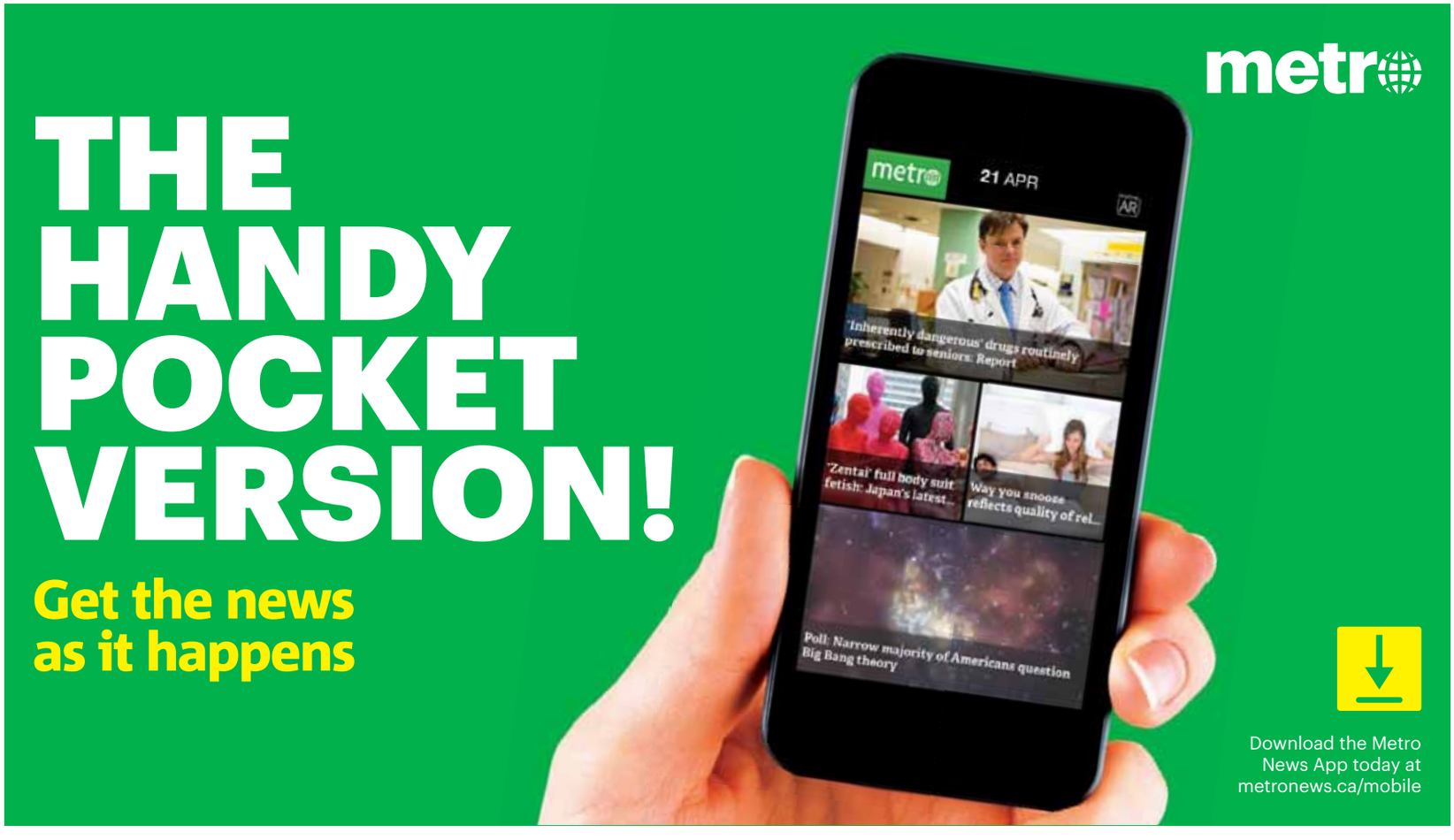
Former Blue Jay Davis set to bring speed to Cleveland

Free agent outfielder Rajai Davis has agreed to a contract with the Cleveland Indians.

The 35-year-old Davis hit .258 with 11 triples, eight homers and 30 RBIs in 112 games with Detroit lin 2015. THE ASSOCIATED PRESS



Rajai Davis
GETTY IMAGES



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RECIPE Mexican Egg Bake



PHOTO: MAYA VISNYEI



Ceri Marsh & Laura Keogh
For Metro Canada

A zesty tomato sauce punctuated with avocado and cilantro is the perfect bed for runny, baked eggs.

Ready in
Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

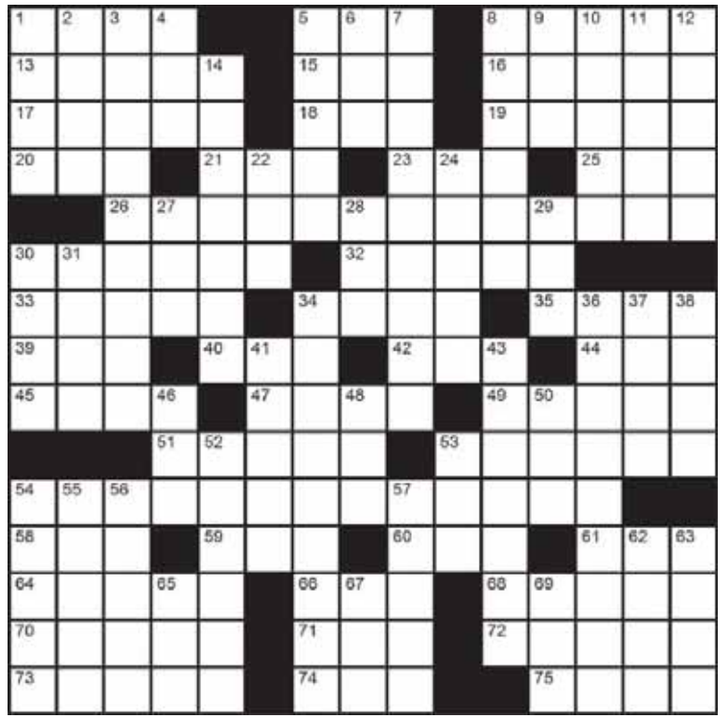
Ingredients
- 1 Tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tsp cumin
- 1 tsp chili powder
- 1 tsp dried oregano
- 1/2 tsp red pepper or cayenne
- 1 x 28 oz can tomatoes
- 1 x 14 oz can black beans, rinsed
- 5 eggs
- Small handful of cilantro, chopped
- 1/2 avocado, sliced
- 1/2 cup cheddar, grated
- 1/2 cup Greek yogurt

Directions
1. Preheat oven to 350 F.
2. In a medium-sized skillet, warm olive oil and sauté the onion and garlic until they begin to soften. Add spices and stir; cook 2 minutes. Add tomatoes and black beans. Use the back of a wooden spoon to break up tomatoes. Simmer for about 15 or 20 minutes until sauce has thickened.
3. Gently crack the eggs on top of the sauce. Place skillet in the oven for 8 to 10 minutes, or until egg whites are cooked but yolks are runny.
4. Remove pan from oven and allow to cool a bit before placing on a trivet on the table. Scoop each serving gently, being sure to get an egg and a good amount of the bean sauce. Place extras — avocado, yogurt, cheese and cilantro — on table so everyone can DIY toppings.

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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Math instrument [abbr.]
5. Illuminated
8. 5th Dimension member Marilyn
13. Tropical greeting
15. Iron __
16. Green spaces for homes
17. Particular parrot
18. Nourished
19. Fix that squeak once more
20. Pitcher's stat.
21. Boat's stern
23. Nero's 511
25. Key: French
26. Character in #14-Down: 2 wds.
30. Fashion designer Ms. Johnson
32. Tolerate
33. Bird-like
34. "Tres _!"
35. High-five-to-high-five hit
39. Sleep state, commonly
40. Cardinals player's baseball cap letters
42. Actor's representative [abbr.]
44. Diminutive suffix
45. Was aware
47. Remorseful person
49. Britannica, e.g.
51. Not __ (Not so far)
53. Crowd reactions to corny jokes
54. Villains-in-white-armour in #14-Down
58. Left tap's meaning
59. Haunted house hooowl!
60. Feminine suffix
61. Lobster __ Diavolo (Seafood dish with pasta)
64. Book's beginning, briefly
66. "__ Have to Say the Words?" by Bryan Adams
68. Science fiction being
70. Clay pigeon shooting
71. 'Ether' suffix
72. It's often served with tongs
73. Abrasive
74. Sanctions, short-style
75. Gladiator's 951

DOWN
1. Arrived (b.1849 - d.1919)
2. Banned orchard spray
3. When a TV show airs regionally: 2 wds.
4. Repeated-word dance
5. Former factory living spaces
6. Wrath
7. Classic toy from Santa: 2 wds.
8. Immeasurable
9. Flight simulators co. headquartered in Saint-Laurent, QC
10. __-Pot (Slow cooker)
11. Wearer of the black tutu in Swan Lake
12. Canadian doctor, the 'Father of Modern Medicine', William __
14. "Star Wars: The Force __" (2015)
22. Tina of "Sisters" (2015)
24. Type of fighter craft in #14-Down, -_-
27. _ _ _ Today (American newspaper)
28. Trombonist Mr. Winding
29. __ Miserables
30. Tree trunk topping
31. All square
34. Canadian band that formed in 1984: 2 wds.
36. Production company behind #14-Down
37. Kirk __, "Superman" (1948) star
38. Bench press muscles, commonly
41. __ __ understand (Attempt at comprehending)
43. Nobel-winning Mother, and namesakes
46. Combat reason
48. Ike's WWII arena
50. Scand. land
52. Not lumpy or bumpy
53. Car's navigation aid, commonly
54. __ kebab
55. Toy truck brand
56. Furry mammal that can swim
57. Trompe l'__ (Visual illusions)
62. Authentic
63. "The King __ _" (1956)
65. Home addr.
67. Tree of acorns
69. Lake: French

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
If you haven't done anything marvellous yet don't worry because there is still time — just. Make your move this weekend, certainly before the Sun changes signs on the 22nd.

Taurus April 21 - May 21
Changes are coming, changes that will enable you to move in a new, exciting direction when the Sun moves in your favour early next week. Do only what your heart tells you to.

Gemini May 22 - June 21
Geminis are supposed to be daring. Geminis are supposed to take risks. So what happened? Life is meant to be a great adventure. Make today the day when you rediscover your true nature again.

Cancer June 22 - July 23
When the Sun moves into your opposite sign of Capricorn in a few days you'll be at the halfway point of your solar year. It's a good time to take stock of how far you've come.

Leo July 24 - Aug. 23
This is no time to slow down. There is a lot to be done before the Sun leaves the most dynamic area of your chart on the 2nd. Creatively, and romantically, there is no limit to what you can accomplish.

Virgo Aug. 24 - Sept. 23
Don't waste time and energy on senseless disputes with people you don't respect. Focus on more important matters between now and when the Sun changes signs next Tuesday.

Libra Sept. 24 - Oct. 23
Your present course is taking you in the wrong direction and you're missing opportunities simply because you're too stubborn to admit it. There's still time to get back on track.

Scorpio Oct. 24 - Nov. 22
Stand up for your rights and don't let anyone tell you what you can and cannot do. What others don't seem to understand is that you cannot be bribed or pressured to go against your principles. Flattery, of course, is harder to defend against.

Sagittarius Nov. 23 - Dec. 21
The Sun remains in your sign a few more days, so make the most of it. Take every opportunity that comes your way and today can be special.

Capricorn Dec. 22 - Jan. 20
Recent weeks have been far from easy and there will be more challenges to come over the next few days. However, come Tuesday, when the Sun moves into your sign, things will start to get better in a big way.

Aquarius Jan. 21 - Feb. 19
Steer clear of other people's fights and feuds — there is nothing you can gain from them. If you stick your nose in where it is not wanted you're inviting someone to take a poke at it!

Pisces Feb. 20 - March 20
Once again you're allowing yourself to be dragged into situations that are not good for you. Make an effort to put distance between you and those who would use you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

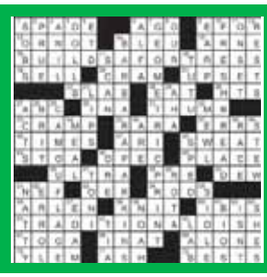
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8	3	6	7	4	2	1	9	5
6	4	7	2	8	9	5	3	1
3	9	8	6	5	1	2	7	4
5	1	2	4	7	3	8	6	9
9	8	3	5	2	7	4	1	6
7	5	4	1	3	6	9	8	2
2	6	1	8	9	4	3	5	7



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